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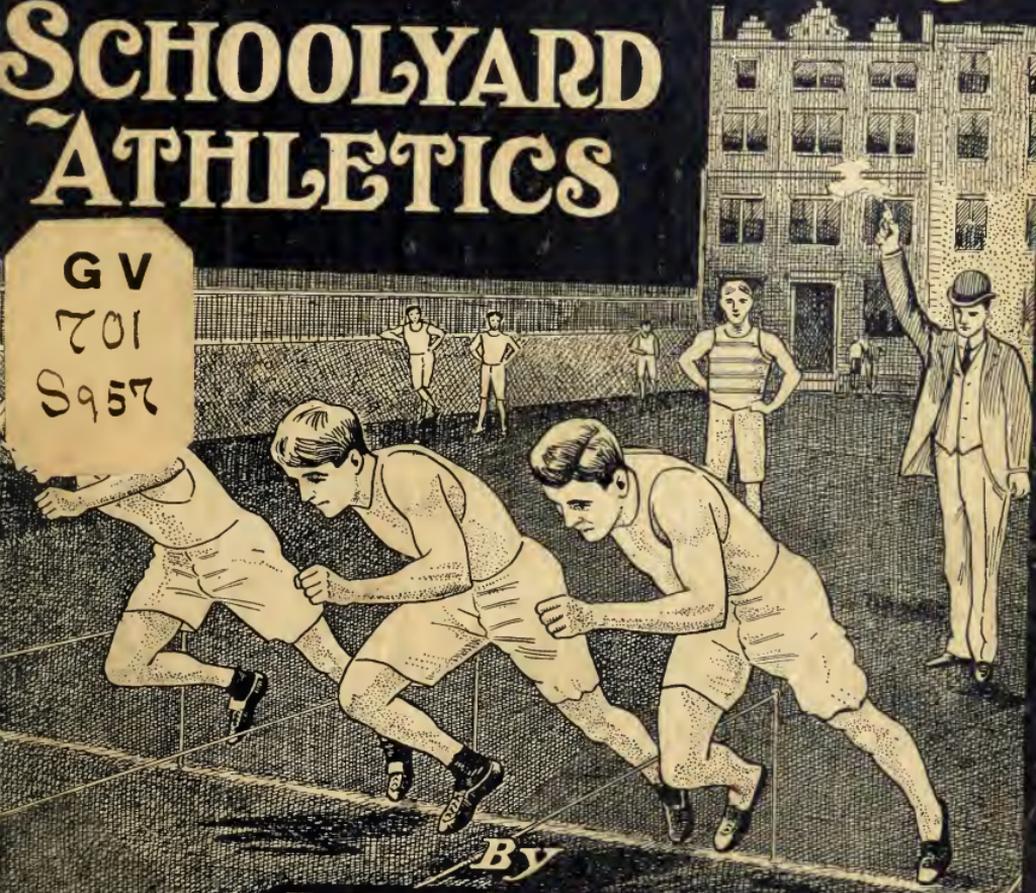
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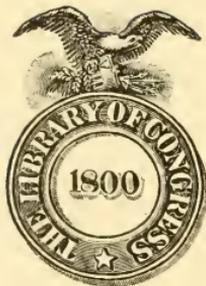


By

**J. E. SULLIVAN**

PRESIDENT AMATEUR ATHLETIC UNION,  
MEMBER BOARD OF EDUCATION,  
GREATER NEW YORK

AMERICAN SPORTS PUBLISHING CO.  
21 Warren Street, New York



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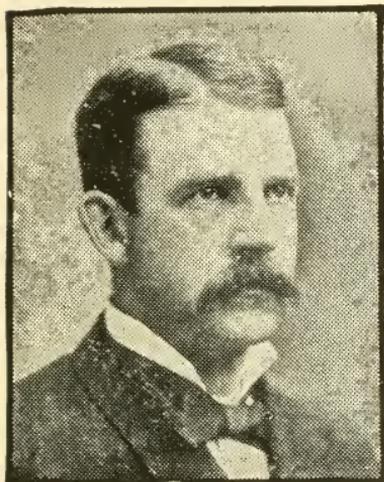
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# Spalding's Athletic Library



A. G. SPALDING

Anticipating the present tendency of the American people toward a healthful method of living and enjoyment, Spalding's Athletic Library was established in 1892 for the purpose of encouraging athletics in every form, not only by publishing the official rules and records pertaining to the various pastimes, but also by instructing, until to-day Spalding's Athletic Library is unique in its own particular field and has been conceded the greatest educational series on athletic and physical training subjects that has ever been compiled.

The publication of a distinct series of books devoted to athletic sports and pastimes and designed to occupy the premier place in America in its class was an early idea of Mr. A. G. Spalding, who was one of the first in America to publish a handbook devoted to athletic sports, Spalding's Official Base Ball Guide being the initial

number, which was followed at intervals with other handbooks on the sports prominent in the '70s.

Spalding's Athletic Library has had the advice and counsel of Mr. A. G. Spalding in all of its undertakings, and particularly in all books devoted to the national game. This applies especially to Spalding's Official Base Ball Guide and Spalding's Official Base Ball Record, both of which receive the personal attention of Mr. A. G. Spalding, owing to his early connection with the game as the leading pitcher of the champion Boston and Chicago teams of 1872-76. His interest does not stop, however, with matters pertaining to base ball; there is not a sport that Mr. Spalding does not make it his business to become familiar with, and that the Library will always maintain its premier place, with Mr. Spalding's able counsel at hand, goes without saying.

The entire series since the issue of the first number has been under the direct personal supervision of Mr. James E. Sullivan, President of the American Sports Publishing Company, and the total series of consecutive numbers reach an aggregate of considerably over three hundred, included in which are many "annuals," that really constitute the history of their particular sport in America year by year, back copies of which are even now eagerly sought for, constituting as they do the really first authentic records of events and official rules that have ever been consecutively compiled.

When Spalding's Athletic Library was founded, seventeen years ago, track and field athletics were practically unknown outside the larger colleges and a few athletic clubs in the leading cities, which gave occasional meets, when an entry list of 250 competitors was a subject of comment; golf was known only by a comparatively few persons; lawn tennis had some vogue and base ball was practically the only established field

## EDITORS OF SPALDING'S ATHLETIC LIBRARY

sport, and that in a professional way; basket ball had just been invented; athletics for the schoolboy—and schoolgirl—were almost unknown, and an advocate of class contests in athletics in the schools could not get a hearing. To-day we find the greatest body of athletes in the world is the Public Schools Athletic League of Greater New York, which has had an entry list at its annual games of over two thousand, and in whose "elementary series" in base ball last year 106 schools competed for the trophy emblematic of the championship.

While Spalding's Athletic Library cannot claim that the rapid growth of athletics in this country is due to it solely, the fact cannot be denied that the books have had a great deal to do with its encouragement, by printing the official rules and instructions for playing the various games at a nominal price, within the reach of everyone, with the sole object that its series might be complete and the one place where a person could look with absolute certainty for the particular book in which he might be interested.

In selecting the editors and writers for the various books, the leading authority in his particular line has been obtained, with the result that no collection of books on athletic subjects can compare with Spalding's Athletic Library for the prominence of the various authors and their ability to present their subjects in a thorough and practical manner.

A short sketch of a few of those who have edited some of the leading numbers of Spalding's Athletic Library is given herewith:

### JAMES E. SULLIVAN



President American Sports Publishing Company; entered the publishing house of Frank Leslie in 1878, and has been connected continuously with the publishing business since then and also as athletic editor of various New York papers; was a competing athlete; one of the organizers of the Amateur Athletic Union of the United States; has been actively on its board of governors since its organization until the present time, and President for two successive terms; has attended every championship meeting in America since 1879 and has officiated in some capacity in connection with American amateur championships track and field games for nearly twenty-five years; assistant American director Olympic Games, Paris, 1900; director Pan-American Exposition athletic department, 1901; chief department physical culture Louisiana Purchase Exposition, St. Louis, 1904; secretary American Committee Olympic Games, at Athens, 1906; honorary director of Athletics at Jamestown Exposition, 1907; secretary American Committee Olympic Games, at London, 1908; member of the Pastime A. C., New York; honorary member Missouri A. C., St. Louis; honorary member Olympic A. C., San Francisco; ex-president Pastime A. C., New Jersey A. C., Knickerbocker A. C.; president Metropolitan Association of the A. A. U. for fifteen years; president Outdoor Recreation League; with Dr. Luther H. Gulick organized the Public Schools Athletic League of New York, and is now chairman of its games committee and member executive committee; was a pioneer in playground work and one of the organizers of the Outdoor Recreation League of New York; appointed by President Roosevelt as special commissioner to the Olympic Games at Athens, 1906, and decorated by King George I. of the Hellenes (Greece) for his services in connection with the Olympic Games; appointed special commissioner by President Roosevelt to the Olympic Games at London, 1908; appointed by Mayor McClellan, 1908, as member of the Board of Education of Greater New York.



### WALTER CAMP

For quarter of a century Mr. Walter Camp of Yale has occupied a leading position in college athletics. It is immaterial what organization is suggested for college athletics, or for the betterment of conditions, insofar as college athletics is concerned, Mr. Camp has always played an important part in its conferences, and the great interest in and high plane of college sport to-day, are undoubtedly due more to Mr. Camp than to any other individual. Mr. Camp has probably written more on college athletics than any other writer and the leading papers and magazines of America are always anxious to secure his expert opinion on foot ball, track and field athletics, base ball and rowing. Mr. Camp has grown up with Yale athletics and is a part of Yale's remarkable athletic system. While he has been designated as the "Father of Foot Ball," it is a well known fact that during his college career Mr. Camp was regarded as one of the best players that ever represented Yale on the base ball field, so when we hear of Walter Camp as a foot ball expert we must also remember his remarkable knowledge of the game of base ball, of which he is a great admirer. Mr. Camp has edited Spalding's Official Foot Ball Guide since it was first published, and also the Spalding Athletic Library book on How to Play Foot Ball. There is certainly no man in American college life better qualified to write for Spalding's Athletic Library than Mr. Camp.



### DR. LUTHER HALSEY GULICK

The leading exponent of physical training in America; one who has worked hard to impress the value of physical training in the schools; when physical training was combined with education at the St. Louis Exposition in 1904 Dr. Gulick played an important part in that congress; he received several awards for his good work and had many honors conferred upon him; he is the author of a great many books on the subject; it was Dr. Gulick, who, acting on the suggestion of James E. Sullivan, organized the Public Schools Athletic League of Greater New York, and was its first Secretary; Dr. Gulick was also for several years Director of Physical Training in the public schools of Greater New York, resigning the position to assume the Presidency of the Playground Association of America. Dr. Gulick is an authority on all subjects pertaining to physical training and the study of the child.



### JOHN B. FOSTER

Successor to the late Henry Chadwick ("Father of Base Ball") as editor of Spalding's Official Base Ball Guide; sporting editor of the New York Evening Telegram; has been in the newspaper business for many years and is recognized throughout America as a leading writer on the national game; a staunch supporter of organized base ball, his pen has always been used for the betterment of the game.

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### TIM MURNANE

Base Ball editor of the Boston Globe and President of the New England League of Base Ball Clubs; one of the best known base ball men of the country; known from coast to coast; is a keen follower of the game and prominent in all its councils; nearly half a century ago was one of America's foremost players; knows the game thoroughly and writes from the point of view both of player and an official.



### HARRY PHILIP BURCHELL

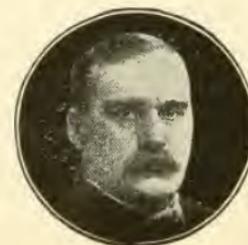
Sporting editor of the New York Times; graduate of the University of Pennsylvania; editor of Spalding's Official Lawn Tennis Annual; is an authority on the game; follows the movements of the players minutely and understands not only tennis but all other subjects that can be classed as athletics; no one is better qualified to edit this book than Mr. Burchell.



### GEORGE T. HEPBRON

Former Young Men's Christian Association director; for many years an official of the Athletic League of Young Men's Christian Associations of North America; was connected with Dr. Luther H. Gulick in Young Men's Christian Association work for over twelve years; became identified with basket ball when it was in its infancy and has followed it since, being recognized as the leading exponent of the official rules; succeeded Dr. Gulick as editor of the Official Basket Ball

Guide and also editor of the Spalding Athletic Library book on How to Play Basket Ball.



### JAMES S. MITCHEL

Former champion weight thrower; holder of numerous records, and is the winner of more championships than any other individual in the history of sport; Mr. Mitchel is a close student of athletics and well qualified to write upon any topic connected with athletic sport; has been for years on the staff of the New York Sun.

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### **MICHAEL C. MURPHY**



The world's most famous athletic trainer; the champion athletes that he has developed for track and field sports, foot ball and base ball fields, would run into thousands; he became famous when at Yale University and has been particularly successful in developing what might be termed championship teams; his rare good judgment has placed him in an enviable position in the athletic world; now with the University of Pennsylvania; during his career has trained only at two colleges and one athletic club, Yale and the University of Pennsylvania and Detroit Athletic Club; his most recent triumph was that of training the famous American team of athletes that swept the field at the Olympic Games of 1908 at London.

### **DR. C. WARD CRAMPTON**



Succeeded Dr. Gulick as director of physical training in the schools of Greater New York; as secretary of the Public Schools Athletic League is at the head of the most remarkable organization of its kind in the world; is a practical athlete and gymnast himself, and has been for years connected with the physical training system in the schools of Greater New York, having had charge of the High School of Commerce.

### **DR. GEORGE J. FISHER**



Has been connected with Y. M. C. A. work for many years as physical director at Cincinnati and Brooklyn, where he made such a high reputation as organizer that he was chosen to succeed Dr. Luther H. Gulick as Secretary of the Athletic League of Y. M. C. A.'s of North America, when the latter resigned to take charge of the physical training in the Public Schools of Greater New York.

### **DR. GEORGE ORTON**



On athletics, college athletics, particularly track and field, foot ball, soccer foot ball, and training of the youth, it would be hard to find one better qualified than Dr. Orton; has had the necessary athletic experience and the ability to impart that experience intelligently to the youth of the land; for years was the American, British and Canadian champion runner.

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### **FREDERICK R. TOOMBS**

A well known authority on skating, rowing, boxing, racquets, and other athletic sports; was sporting editor of American Press Association, New York; dramatic editor; is a lawyer and has served several terms as a member of Assembly of the Legislature of the State of New York; has written several novels and historical works.



### **R. L. WELCH**

A resident of Chicago; the popularity of indoor base ball is chiefly due to his efforts; a player himself of no mean ability; a first-class organizer; he has followed the game of indoor base ball from its inception.



### **DR. HENRY S. ANDERSON**

Has been connected with Yale University for years and is a recognized authority on gymnastics; is admitted to be one of the leading authorities in America on gymnastic subjects; is the author of many books on physical training.



### **CHARLES M. DANIELS**

Just the man to write an authoritative book on swimming; the fastest swimmer the world has ever known; member New York Athletic Club swimming team and an Olympic champion at Athens in 1906 and London, 1908. In his book on Swimming, Champion Daniels describes just the methods one must use to become an expert swimmer.



### **GUSTAVE BOJUS**

Mr. Bojus is most thoroughly qualified to write intelligently on all subjects pertaining to gymnastics and athletics; in his day one of America's most famous amateur athletes; has competed successfully in gymnastics and many other sports for the New York Turn Verein; for twenty years he has been prominent in teaching gymnastics and athletics; was responsible for the famous gymnastic championship teams of Columbia University; now with the Jersey City high schools.

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### **CHARLES JACOBUS**

Admitted to be the "Father of Roque;" one of America's most expert players, winning the Olympic Championship at St. Louis in 1904; an ardent supporter of the game and follows it minutely, and much of the success of roque is due to his untiring efforts; certainly there is no one better qualified to write on this subject than Mr. Jacobus.



### **DR. E. B. WARMAN**

Well known as a physical training expert; was probably one of the first to enter the field and is the author of many books on the subject; lectures extensively each year all over the country.



### **W. J. CROMIE**

Now with the University of Pennsylvania; was formerly a Y. M. C. A. physical director; a keen student of all gymnastic matters; the author of many books on subjects pertaining to physical training.



### **G. M. MARTIN**

By profession a physical director of the Young Men's Christian Association; a close student of all things gymnastic, and games for the classes in the gymnasium or clubs.



### **PROF. SENAC**

A leader in the fencing world; has maintained a fencing school in New York for years and developed a great many champions; understands the science of fencing thoroughly and the benefits to be derived therefrom.

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No. 202—How to Play Base Ball.

Edited by Tim Murnane. New and revised edition. Illustrated with pictures showing how all the various curves and drops are thrown and portraits of leading players. Price 10 cents.

No. 223—How to Bat.

There is no better way of becoming a proficient batter than by reading this book and practising the directions. Numerous illustrations. Price 10 cents.

No. 232—How to Run the Bases.

This book gives clear and concise directions for excelling as a base runner; tells when to run and when not to do so; how and when to slide; team work on the bases; in fact, every point of the game is thoroughly explained. Illustrated. Price 10 cents.

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No. 219—Ready Reckoner of Base Ball Percentages.

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Something new in Base Ball. Contains records of all kinds from the beginning of the National League and official averages of all professional organizations for past season. 10 cents.

No. 319—Minor League Base Ball Guide.

The minors' own guide. Edited by President T. H. Murnane, of the New England League. Price 10 cents.

No. 320—Official Handbook of the National League of Professional Base Ball Clubs.

Contains the Constitution, By-Laws, Official Rules, Averages, and schedule of the National League for the current year, together with list of club officers and reports of the annual meetings of the League. Price 10 cents.

No. 321—Official Handbook National Playground Ball Association.

This game is specially adapted for playgrounds, parks, etc., is spreading rapidly. The book contains a description of the game, rules and officers. Price 10 cents.

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No. 2—Spalding's Official Foot Ball Guide.



Edited by Walter Camp. Contains the new rules, with diagram of field; All-America teams as selected by the leading authorities; reviews of the game from various sections of the country; scores; pictures. Price 10 cents.

No. 334—Code of the Foot Ball Rules.

This book is meant for the use of Officials, to help them to refresh their memories before a game and to afford them a quick means of ascertaining a point during a game. It also gives a ready means of finding a rule in the Official Rule Book, and is of great help to a player in studying the Rules. Compiled by C. W. Short, Harvard, 1908. Price 10 cents.

No. 324—How to Play Foot Ball.

Edited by Walter Camp, of Yale. Everything that a beginner wants to know and many points that an expert will be glad to learn. Snapshots of leading teams and players in action, with comments by Walter Camp. Price 10 cents.

No. 2A—Spalding's Official Association Soccer Foot Ball Guide.

A complete and up-to-date guide to the "Soccer" game in the United States, containing instructions for playing the game, official rules, and interesting news from all parts of the country. Illustrated. Price

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How each position should be played, written by the best player in England in his respective position, and illustrated with full-page photographs of players in action. Price 10 cents.

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No. 157—How to Play Lawn Tennis.

A complete description of lawn tennis; a lesson for beginners and directions telling how to make the most important strokes. Illustrated. Price 10 cents.

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By P. A. Vaile, a leading authority on the game in Great Britain. Every stroke in the game is accurately illustrated and analyzed by the author. Price 10 cents.

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Contains records of all important tournaments, articles on the game in various sections of the country, pictures of prominent players, official playing rules and general items of interest. Price 10 cents.



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Contains a description of the duties of each player. Illustrated. Price 10 cents.

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Prominent in the sports at Vassar, Smith, Wellesley, Bryn Mawr and other leading colleges. Price 10 cents.

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Containing the rules for each game. Illustrated. Price 10 cents.

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A new game for the gymnasium. Exciting as basket ball. Price 10 cents.

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### No. 256—Official Handbook of the Ontario Hockey Association.

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**JAMES E. SULLIVAN,**  
President Amateur Athletic Union.  
Member Board of Education of Greater New York.

Spalding's Athletic Library

Group XII. No. 331

# Schoolyard Athletics

Giving Directions for  
Conducting Organized Athletic Activities  
in the Schoolyard

By

James E. Sullivan

President Amateur Athletic Union; Member Board  
of Education of Greater New York

Prepared for the Use of  
Teachers, Officials and Pupils



Published by  
American Sports Publishing Company  
21 Warren Street, New York

64701  
5957

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AMERICAN SPORTS PUBLISHING COMPANY  
NEW YORK



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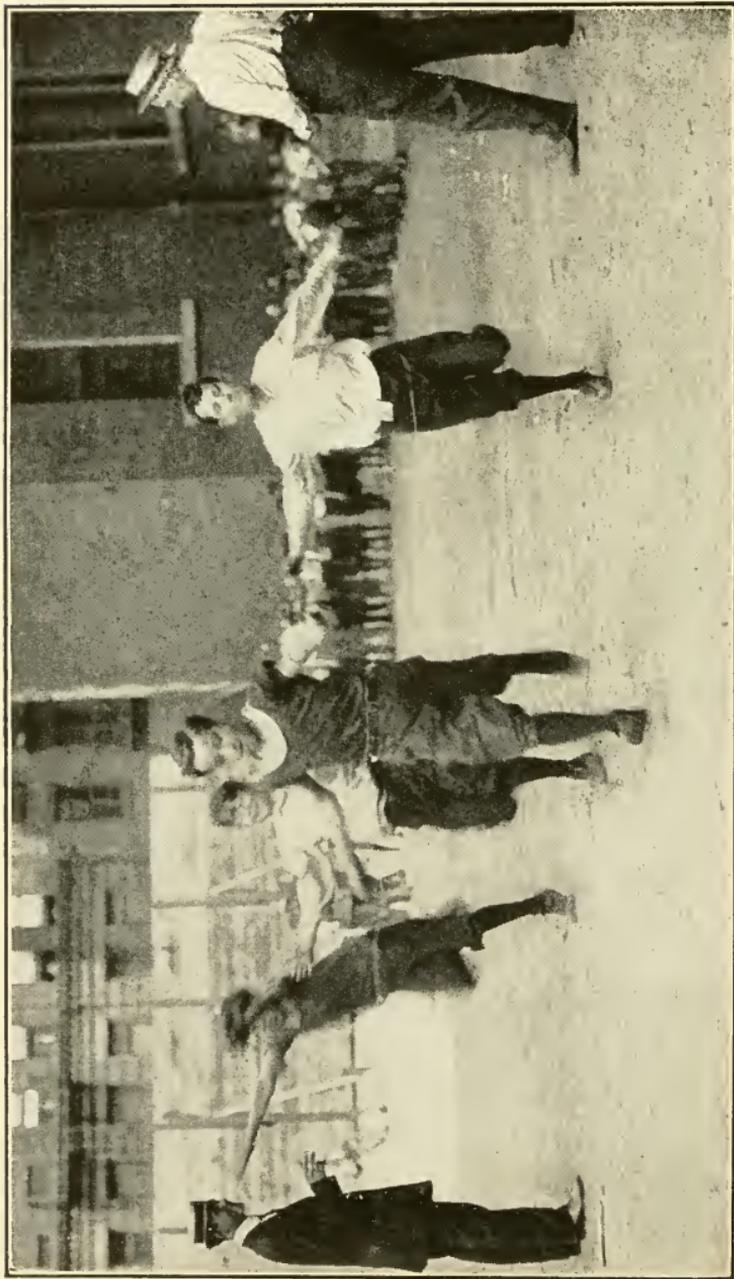
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## INTRODUCTION.

The schoolyard of the future will of course be used for general play as heretofore, but the advantage of organized play over general play is admitted by all, hence unorganized play and activities are being replaced by organized play. The games that are suitable to schoolyard play are many.

This book is devoted exclusively to competitive events generally designated as "track and field athletics" and is arranged with the view of giving to the teacher who is not an expert the proper idea of the management of an athletic competition and also as a guide to the pupil competitor.

Nearly all forms of athletics, track and field particularly, can be conducted in almost any schoolyard, and the advantages to the pupil of competing under proper regulations and rules must appeal to all. Athletics in the schoolyards must from now on be considered part of the curriculum. Properly conducted athletics in a schoolyard will mean a great deal for the school. The pupil also receives that preliminary training which is absolutely essential when he competes in track and field athletics outside of his schoolyard. Owing to the limited space in most schoolyards the list of events herein described is somewhat modified, but this can be the basis for all to work on who desire to improve the general athletic ability of the pupils in any one school.



*A SCHOOLBOY RACE.*

*This photograph shows the boys running in a lot adjacent to a school. Lanes should have been marked out, so that each boy would have had his individual lane, and thus avoided running in front of one another, as shown.*

## CHAPTER I.

## ORGANIZATION.

The first step for the proper organization of athletics in a school must be the formation of an association; this should of course be named after the particular school wherein the organization is effected. This general organization should be presided over by either the principal or the teacher assigned to the work. Then properly elected officials should be chosen. In many schools such an organization now exists. This association should be an association of each class; in that way the individual pupils in their respective classes can be controlled. Each class should have its track and field captain. This gives to the boys an organization of their own and makes them more interested.

## EVENTS.

The following events can be conducted in almost any schoolyard 60 yards in length: Flag race, relay race, shot put, high jump, broad jump, hurdle race, 40 or 50 yards dash, potato race, three-legged race, hop, step and jump, hopping, sack race, standing high jump, standing broad jump and high kick.

## OFFICIALS.

It is very necessary that all class and school athletic games be conducted according to the laws of athletics, and it is a simple matter for the teacher in charge to study the

rules and explain to the officials just how each event must be conducted. The pupils also must be familiarized with the rules and have any doubtful points explained to them before each competition. In schoolyard work it would be best to have the teachers act as officials, if they can be secured. If not, then the pupils must be relied upon, taking the older pupils for the official positions, so that when an athletic event is scheduled it shall be properly conducted with the regular number of officials.

#### THE MEANING OF RULES.

Do not attempt to hold athletic games unless you thoroughly know the rules. Study them and have them explained, and then live up to them, for by adhering to the rules you will teach the pupils law, order and obedience, and the fact is clearly brought out that if the events are conducted according to law, they must play fair. The teacher should make it a point to see that each and every pupil is given a fair show, that there is no favorite, and that everyone is absolutely on an equal footing. It is a healthy condition if the entire school can compete on a basis of this kind. It helps the cause materially.

#### ORDER OF EVENTS.

In order to get the best results from schoolyard work there should be individual practice. If possible invite some prominent athlete to visit the school and show the boys just how to perform in the one particular event in which he is proficient. In many cases this instruction can be given by the physical director, but in the absence of

a physical director an invitation to any prominent athlete is almost sure to be accepted and great good will undoubtedly result from his visit to the schoolyard.

After individual practice, each class having had its own period, class games should be arranged. As it would be impossible to have all the events decided in one afternoon, two or three events should be selected for certain afternoons or mornings, giving a variety, say a relay race, a shot putting contest and a jump, alternating with the other events on the schedule previously given. It is advisable to have all the competitions as scratch events for the first week or two. After that follow with handicap events. The method of handicapping is fully described in another part of this book. Handicapping gives to the athletes who are not experts a chance to compete on equal terms with the more proficient, and stimulates interest.

## CHAPTER II.

## SCHEDULE OF WORK.

To hold all the events in a schoolyard in one afternoon, in an hour or so, is absolutely impossible and is certain to bring about disorganization. It is therefore much better to have a fixed schedule of events for each day, so as not to discourage the pupils or tire out those who are helping the cause of athletics in the schools by contributing their time to its advancement. In nearly all cases the work is performed by teachers who volunteer their services, particularly in the New York schools. The volunteers should not be overtaxed.

Monday—40 yards dash, shot put, hop, step and jump.

Tuesday—Shot put, standing high jump, hurdle race.

Wednesday—Potato race, running high jump, standing broad jump.

Thursday—Class team race, 50 yards (teams of entire classes); sack racing, standing high jump.

Friday—Flag race, relay race, three-legged race, potato race.

If the boys wish to compete in any one particular event let them select for themselves the one in which they wish to compete.

The foregoing events are to be the fixed athletic events of the day. They are to be properly managed, just as though they were held for the championship of the city, but prior to or after the events are finished the teacher in

charge should allow the boys to practice at their specialties, except running, if they desire. All other activities should cease while the floor is being used for sprinting.

On some Saturday the teacher in charge should endeavor to get an athletic field or some large plot of ground for a scratch athletic meeting to include all of the events. For this meeting medals can be given to the boys that score the greatest number of points, scoring on the basis of five points for first, three for second and one for third. For such a meeting the following events can be arranged: 50 yards dash, shot put, running high jump, standing broad jump, hurdle race, hop, step and jump, flag race, potato race and class team race. It will encourage the boys to alternate repeatedly from scratch to handicap events. Do not try the weight classification until it is really necessary. It is much better, if possible, to get the boys grouped together in sizes. The director in charge can arbitrarily select the different classes if he does not like the weight proposition. He can use the weight or size system or he can have them in different groups according to ability. As previously stated, however, the idea of having boys make weight is injurious and the method should be abolished.

In all schoolyard competitions open to boys from different classes, arrange the preliminary heats so that only one boy from each class will be in each heat. Do not have two boys from one class in one heat. If semi-final heats are necessary before the final is reached, it may of course result that two or three boys from one class will come into one heat, but it should be made a point to try to separate them as much as possible.



*A SPRINT.  
Showing again the importance of having lanes.*

## CHAPTER III.

## MANAGEMENT.

It is always good judgment in class athletics, team races, and dashes to keep apart in the preliminary heats the best boys of each class. The physical director will of course know the ability of the different boys from their practice games.

At certain periods other games than those here mentioned will undoubtedly be played, such as basket ball, base ball, etc., and the director should make it a point to have different periods for different activities.

The rigid discipline of field and track will be one of the greatest allies to general school discipline. It will be one of the greatest helps in developing in the boy those valuable traits of character—self-control, obedience, honest effort, and the spirit of fair play.

All athletic events, whether merely preliminary or whether they are to decide championships, should be conducted in a strictly official manner. For schoolyard athletics as herein described, the number of officials need not be very great. But these schoolyard athletics are a preparation for larger championship meets, and for the proper conduct of such meets many officials and regulations are necessary.

## CHAPTER IV.

## GAMES COMMITTEE.

The games committee must manage the meeting, decide where the games are to be held, what events shall be contested, what prizes, if any, shall be given, select the officials, get out the entry blanks, if it is an open school meeting, attend to the advertising and arrange the field in advance, see that the proper distances are marked off, the start and finish clearly recorded, handicaps marked off (if it is a handicap meeting), see that there is a ball of finish tape, a measuring rod, steel tape, score cards, and have all arrangements intelligently followed out up to the hour of calling the officials into the ring to start the meeting. The games committee should pass on the qualifications of all entrants, and reserve the right to reject any if they so desire. There is no necessity of giving any excuse to the athlete whose entry is rejected.

## DIRECTOR.

The director of the games should be the chairman of the games committee, as he must have followed all the details of the meeting from beginning to end. As there are usually many questions to be asked during a meeting it is the director's duty to be on the grounds throughout the course of the games and see that there is no hitch.

## REFEREE.

The referee is really the most important official. He must of necessity be a man of great experience, particularly if the meeting is an important one. It is good judgment to select as referee a man who has been a competing athlete or one who has officiated at games repeatedly and understands athletics thoroughly. He must know the rules and must know precedents if no rule is found to cover any particular case. In all cases not covered by the rule the referee's decision is final. On the question of fouls his decision—and his decision only—shall be taken. Under no circumstances may a starter start a race or a heat until he has received instructions from the referee to do so. The referee has no authority whatever to overrule a law that has been established by the governing body; he must obey the rule book.

## STARTER.

The starter alone has absolute charge of the competitors after they have been placed on their marks and checked off by the clerk of the course. He should penalize them if they go over the mark before the signal, but under no circumstances can the starter recall the contestants unless the pistol has been accidentally discharged. After the starter tells the men to take their marks, get set, and fires the pistol there is no recall. The starter must see that the men are back of the starting line, or back of their marks in handicap races. Their hands must not be on the line; they must be back of the line.



*AN IMPROVED THREE-LEGGED RACE*  
*In an outdoor schoolyard. Competitors should run in lanes and the official harness should be used.*

If possible it is a very good plan in practice games, class or school games always to have the starter use a .22 caliber pistol with blank cartridges. It gives the boy the feeling that he is in a real race and makes it official. The starter should be one of the teachers that understands athletics. He should be firm. It is customary for the starter to stand behind the boys, holding the pistol above his head, so as to give the timers a good view of the flash. Before the boys go to their mark he must instruct them how he is going to start them. He should see, if they take the crouch start, that the boys' hands are behind the line and not over the line. The regular method of instruction from the starter to the boys should be somewhat as follows: "Now, boys, take your marks." At that the four or five boys who are in the heat walk to their marks. He then tells them to get set. After they become set and steady, he fires the pistol.

The boys should not be kept too long on their marks, because they are anxious to start and will break away if the starter is a bit tardy. He must watch the boys and, just as they are set, shoot them off. However, he must not get into the habit of shooting the boys off too rapidly. That does not give them the right kind of practice. Hold them just long enough, so that they will not think they can beat the gun whenever they wish. A clever starter will be on the alert and a penalty will be the result. The start must be made fairly. It should be the duty of the teacher or director to impress upon the boys the fact that they should not try to beat the pistol, that it is not fair play. There is a great deal, of course, in getting a quick start, but a quick

start does not mean an unfair start, whereas beating the pistol certainly does.

#### CLERK OF THE COURSE.

The clerk of the course, at a given signal from the referee, should call the men out, check them off, and before they start in an event report to the referee and inform him how many answered the roll call. The referee will then arrange the heats and designate how many boys will start in each heat.

There should be several assistant clerks of the course, whose duty it is to perform the work assigned to them by the clerk of the course, which is usually to take charge of the various events, go to the dressing rooms and get the men out and make preliminary calls to the contestants.

#### INSPECTORS.

The inspector is an assistant to the referee. The referee places the inspectors usually at the four corners of the track, or at any other point near the track that he may think requires particular watching, for instance, at the start of a race if it is close to the bend. The inspectors shall report any jostling, interference or anything that looks like a foul, and the referee will then make his decision. An inspector has absolutely no right whatever to disqualify a contestant.

#### JUDGES AT FINISH.

Three or more judges at finish may serve. The best rule in America for judges at finish is found in the Public Schools Athletic League Handbook (Spalding's Athletic

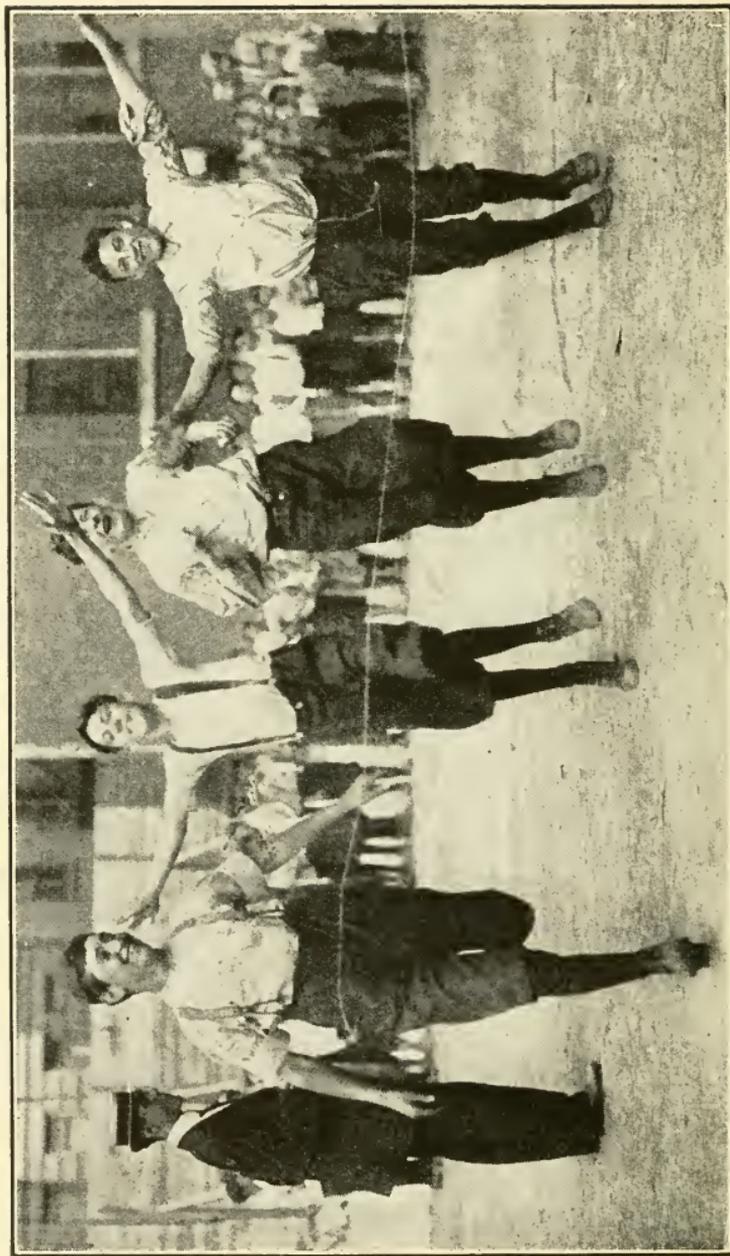
Library, Group XII, No. 313), Rule 5, because it gives to the rules committee the power to indicate the judges at finish, who shall pick first man, second man, third man, fourth man, etc. It is a good rule, but it is very seldom lived up to in the Public Schools Athletic League.

If there are three judges they usually stand two on one side of the track and one on the other; if there are only two judges, one stands on one side and one on the other. The judges should always confer before they announce their decision, in order to see if they agree. If they disagree the majority shall rule. The judges must watch their men carefully and note how they finish. They should see who finishes fourth, in case one of the first three men should be disqualified. The judges have no power over the contestants; they cannot disqualify them; they merely place them in their different positions as they cross the finish line.

Judges at finish become expert only after years of service. It is an easy proposition to pick the men in some races, but in places where only inches separate the men it requires a keen, experienced eye. Officials should stand back from the finish post four or five feet, so that they can see the start, watch the men for at least three-fourths of the way, and then fix their eyes upon the finish line. Expert judges have found this to be the surest way of judging. Always carefully follow with your eye the man whom you have been designated to place. If it is the second man, follow him; if the third man, follow him.

#### FIELD JUDGES.

There should be three field judges appointed for each



### HOPPING RACE.

*This photograph shows again the necessity of having the boys run in their own lanes, either staked out or whitewashed.*

event. They should measure each and every performance and give to the scorer the correct and official distance. They have no power to disqualify or to penalize a contestant. They have the power to decide if a try is foul, and can excuse a contestant from his field event to take part in his track event and give him his missing turns after a reasonable time.

#### TIMERS.

Three timers should be selected, and at least two of the three should be very experienced in their office. The timers time each event separately. The time is taken from the flash of the pistol, not the report. The timers must stand directly on a line with and at the finish line; if they do not they cannot get the correct time.

#### CHIEF SCORER.

The chief scorer should superintend the placing of the assistant scorers. He should see that there are score cards for the assistant scorers, who should return the score cards to him, or to the referee, so that in case of an argument the score cards can be referred to and the matter settled. In all distance races the chief scorer should score the number of laps himself, or assign that work to one of his most competent assistants.

#### MARSHAL.

The marshal and his assistants are to see that order is maintained, keep the athletes who are not competing off the field and exclude all but officials and actual competitors from the inner field. The marshal may, if he so desires,

report to the referee any athlete who refuses to leave the field when he has no business there and the referee can disqualify the offender.

#### OFFICIAL ANNOUNCER.

The official announcer receives from the judges at finish the order in which the men finished, and from the timers the official time. He likewise receives the name of the winner of each field event from the field judges and the time or distance of the various athletes, and announces the same.

#### OFFICIAL REPORTER.

The official reporter is usually someone who represents the press. He is supposed to keep in touch with the judges, timers and field judges and get from them the official information to give to the members of the press.

#### COMPETITORS.

Competitors must report to the clerk of the course at the starting point of each competition. They must take up the position assigned to them by the clerk of the course and must obey the starter and other officials, and behave themselves in a lawful manner. In all straightaway races the contestants must run in their own lanes; if a competitor leaves his lane the referee can disqualify him if he interferes with any other contestant. In all races on a circular path the contestant must maintain his own course; he cannot pass a man on the inside unless there is ample room to do so. In passing a man he must be at least two strides ahead of him before he takes the pole and in all

racers of this kind he must, when on the straightaway for home, run in a direct line and not cross in and out. A contestant shall not coach in a race; if he does the referee can disqualify him.

#### PROTESTS.

Protests are of several kinds. One may be as to the boy's eligibility to compete. The games committee decide that. If it is a protest during the games it goes to the referee. If it is a protest that affects the amateur standing of a competitor it must be referred to the registration committee of the Amateur Athletic Union of the United States. A boy can compete under protest, and his prize, if he wins one, is withheld, pending a trial.

## CHAPTER V.

## THE FINISH.

The finish line is whitewashed on the floor or ground between two wooden posts. The finish occurs when any part of the body except the hands and arms reaches the line. No competitor shall be considered to have finished unless his entire body shall have crossed the line.

## AN ANNOUNCING BOARD.

It is a good plan to have in a prominent place on the infield an announcing board to record the event and the numbers of those who finished first, second and third in any particular heat or event, with their time or distance. One of the best announcing boards in America was that used by the Recreation League at its games in the Sixty-ninth Regiment, New York, when a revolving board was used which gave excellent satisfaction.

## LANES.

Never think of having sprint races without having lanes staked out if outdoors; or whitewashed or painted, if indoors. A good way to mark out lanes if one is in a hurry is to thoroughly chalk a cord, lay it on the floor, draw it taut and snap it; a chalk mark will then be left on the floor. A schoolboy should never be allowed to run without lanes. They save confusion and often prevent the runner from being disqualified.

## CHAPTER VI.

## TRAINING.

Nowadays a great deal is heard of the training—athletically—of the schoolboy. A schoolboy requires no training, as the word is understood in athletic circles. The schoolboy requires play; he must take athletics as he does play, and training should consist merely in showing the boy the correct way in which he should proceed. Show him how to put the shot, how to get down for the start of a sprint, how to hold his arms, body and feet in the broad jump. Give the boy an example of just what he is to do; then let him play his own game. That is athletics for the schoolboy. Omit in all cases that you possibly can the arranging of boys in any kind of competition that calls for weight. The training of boys entered by weight classification is something that should be discouraged, for the simple reason that in many cases if a boy is to go into an eighty-pound class event and he weighs, say, eighty-two pounds, he will resort to some unnatural means to take off those two pounds, and that unnatural means will eventually harm the boy.

In the writer's years of athletic experience many instances have come to his knowledge where, through ignorance, harmful advice for reducing weight has been given to boys. They are sometimes instructed to take physic, to get up a copious perspiration, or to use other rigorous methods of reduction, which cannot but injure their health.



### THREE-LEGGED RACE.

This is an illustration of schoolboy activities. On another page is shown how the straps are adjusted to the boys' legs. Of course, it is not always possible to get the regulation harness. In that event handkerchiefs can be used, but if the harness could be secured it makes the competition much better. This photograph shows the necessity of having lanes.

In some cases, it is said, young boys have been sent to Turkish baths to reduce their weight for a race. Several of such baths in a few days will injure a boy—his vitality will be sapped.

Weight competition is not at all objectionable if the boys are taken at their ordinary weight, without training, dieting or physicing. The harm comes when the boys diet, perspire and take physic to reduce their weight.

Perhaps it may be necessary for the Public Schools Athletic Leagues to have their championships conducted on a weight basis, but in all preliminary school athletics, all classification by weight should be abolished. When the team is made up for the championships, if they have to be picked out, pick them out without training as to their weight.

It is advisable therefore that the class teacher or the one in control devise other bases of competition. Have it by handicap, or size, or make a selection arbitrarily, but in preliminary work do not think of having weight classification. There should be no necessity in school athletics for a boy to diet himself. In other words, do not worry the youngster when he is at play; let the athletics in the schoolyard be such that he will derive some benefit therefrom. Have the boy go into as few outside competitions as possible. Let him compete in his own group and in his own class; competing among his own schoolmates is not the strain on the boy that it is when he is asked to go outside and compete in championship or other important events. The fewer we have of these outside competitions the better the boy will be in after years. Preparation for

such events is a worry and a strain on the boy to which he should not be subjected.

Above all things, avoid giving a boy too much work, even in his class or school athletics. Never permit him to exhaust himself; never allow him to keep on until he is absolutely exhausted. Do not allow him to compete in more than one event, no matter whether he feels like entering two or three. Restrain him, because it is over-indulgence in athletic competition that will eventually tire the youngster of athletics.

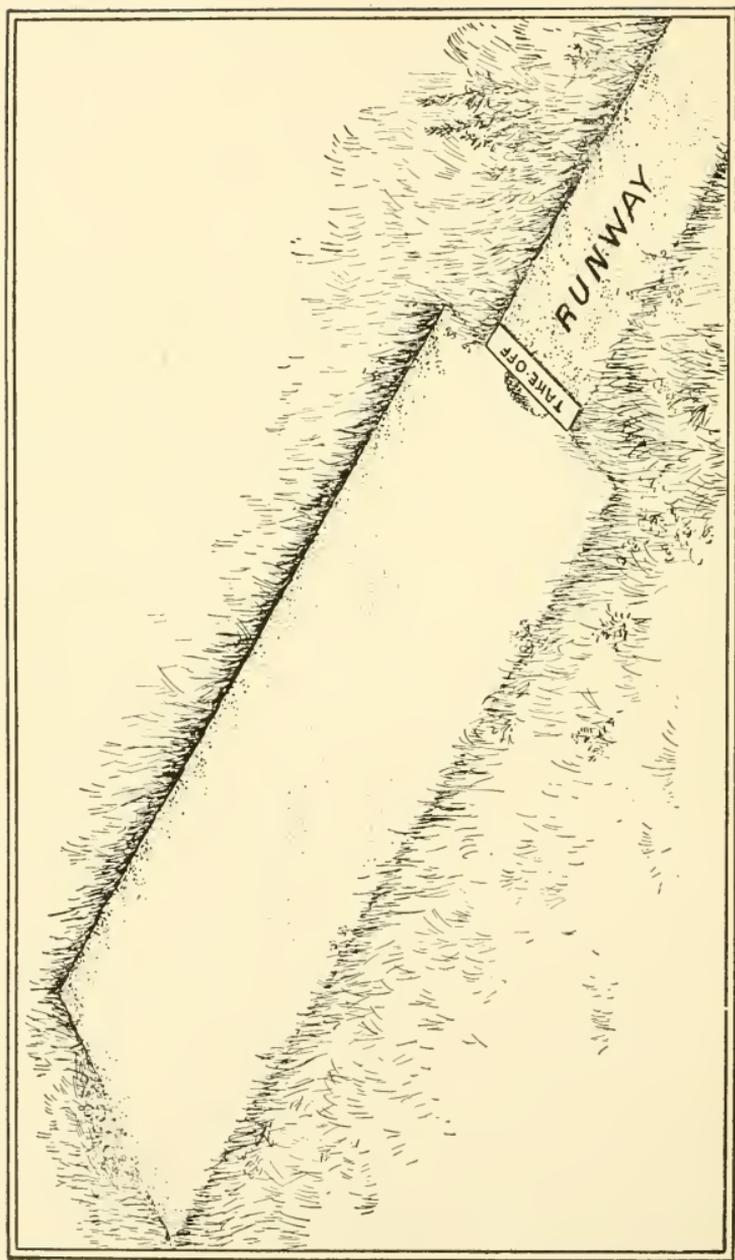
Some men in answer to this argument of not having the boy compete in too many events have said that a boy will run on the street all day long. That is quite true, and a boy in his ordinary play will do a lot of running, but it is not the kind of running that is a mental strain on the youngster. As soon as you send a boy to compete he gets nervous. It gets on his mind, and in many cases the mere thought of the final test that is coming has been known to upset not only schoolboys but even old and seasoned athletes. The work, to show any benefit, must be the kind of work that enlists the entire class; let them all take their turn in putting the shot, high jumping, running and other activities.

## CHAPTER VII.

## GENERAL PRACTICE.

In a schoolyard of a size to permit it, it is very good practice to have different competitions going on at the same time. This of course applies also to field events. Before commencing, the boys should be divided up into groups in charge of leaders, who will have entire command of the group practicing one particular sport. The boys should be lined up one behind the other and the leader should see that each boy has his regular turn. Thus, if the yard is large enough, the high jump, the broad jump, the shot put and the dashes can all be going on at the same time. Then the boys can rotate from one event to the other. There is one thing that is very important in connection with this practice work, absolute order must be maintained. General play and all running around on the part of the athletes, must be stopped, but that does not mean that practice work need interfere with the general play or running around of the other pupils.

In all schoolboy running, let it be a potato race, hurdle race, sack race or dash, lines should be marked on the floor and each boy must keep within his own lines. If he leaves his lane or interferes with another runner the referee can disqualify him, and he should be disqualified, because he must learn to keep in a direct line. If the lines are marked out in practice and the rule enforced boys will get accustomed to running straight and thus obviate the chances of



*A PERFECT JUMPING PIT.*

*The runway can be of any length. The pit should be at least 8 feet wide and 30 feet long.*

disqualification during competition. If the schoolyard is large enough to have a circular course eight, ten or twelve laps to the mile, the rules in relation to keeping one's course must be rigidly enforced. A contestant must not turn in for the pole until he is at least two strides ahead of his opponent. He must not try to pass a fellow competitor on the inside, nor must he run wide, because the other runner then has the privilege of passing on the inside, although it is not good judgment to do so unless there is plenty of room to pass without touching the runner.

In all jumping exercises, high jump, standing jumps, hop, step and jump, do not attempt to have either competition or class exercises unless the regular mats can be used for the boys to land on. The mats must be soft, so that there will be no possible chance of injury to the boy. This is particularly necessary in the running high jump and standing high jump. Of course if there is an outside yard that will permit of a dirt landing place, so much the better. Then the mats can be dispensed with and the jumps taken without fear of injury. The landing pit must be of earth alone. For competitive purposes do not have the boys jump in a pit of sand. The pit must be of loam, which should be sifted through the finest possible sieve and raked over after each jump. Sand should not be used for competitive purposes or for practice jumps, because it does not break clean, like earth, it rolls, and the exact landing place cannot be marked.

## CHAPTER VIII.

## THE START FOR SPRINTING.

It is impossible to make a hard and fast rule for the proper method of starting. The general way is to have the left leg about five inches back of the line. The runner should go down to the mark position with the right knee about the middle of the left leg. This will bring him in about the correct position. At the same time should he not feel comfortable in this position, if he is cramped or if he thinks he has not enough power in his right leg, let him regulate the distance to suit himself. The foregoing is the method for the crouch start of J. Morton, the noted English runner, and as he has won many championships all over the world beginners can pretty safely follow his advice.

At the command, "On your mark," go down on your right knee. Do not get in the "set" position until the starter tells you to do so, because it tires one out very soon. At the words "Get set," all weight should be on the left leg and arms. The right leg should be free, ready to plunge forward at the report of the pistol.

Hurdle racing requires great sprinting ability and the main thing is to get the correct stride for the first hurdle and between hurdles, so that it will be an easy matter to take the hurdles without hesitating. The best type of a boy for hurdling is a tall, lanky lad of the style of Kraenzlein, A. B. Shaw and others of that physique.

## RELAY RACING.

For indoor relay racing, if the space will permit, it is advisable to have a straightaway of 35, 50 or 60 yards. The teams can be large or small, the larger the better, and if there is enough space to permit competition of class against class so much the better, because there is even more chance for general all around exercise. It is immaterial what length the race shall be. Lines must be clearly drawn and whitewashed, so that each class will have its own lane. A chalk line must likewise be clearly marked on the floor. The best way to conduct a relay race would be to do away with the flying start in the change of relays and insist that each boy remain on the line until he is touched by his team mate. The teams should be divided into equal numbers, starting from different ends of the yard.

## FLAG RELAY.

The flag relay is an Australian idea and was first held there in connection with public school athletics. Four or five teams can be entered, each team consisting of an equal number of boys. Each boy runs 35, 50 or 60 yards, as the case may be. He carries a flag, which must be held aloft; at the completion of his allotted distance he hands the flag to his team mate, who then takes up the running. With the flags of six or eight nations in a race of this kind it is extremely spectacular and interesting and gives opportunity to a large number of boys to compete. The race is conducted the same as a relay race; the contestants must not leave the line until the flag is handed to them. In both



### **RUNNING BROAD JUMP.**

*Photograph, taken in a schoolyard, shows boy landing on a mat instead of in a pit, which could have been easily made. Use of the mat outdoors not only injures it, but also unfits the jumper from becoming accustomed to actual conditions in regular contests.*

the relay race and the flag race the teacher or instructor must bear in mind that discipline and order must be maintained in order to have the event properly conducted. When one runner finishes he should take his place at the end of the line, so that at the end of the race the teams will occupy the same position they did at the start. Do not permit the boys to run around coaching their team mates, but have everything done in an orderly manner.

### HURDLE RACING.

Hurdle racing is a most spectacular event for indoor work, providing the size of the yard will permit a 60-yards hurdle race. That will permit three hurdles ten yards apart; fifteen yards from the start to the first hurdle and fifteen yards between the last hurdle and the finish line. There should certainly be twenty-five feet or more for the boys to run after finishing the 60 yards. Under no circumstances allow the finish of a hurdle race or a dash close to a wall or fence. Hurdles 2 feet 6 inches in height should be used. Do not try the 3-foot 6-inch hurdles. Do not allow the entire class to hurdle until all the boys can do so successfully. The better plan is to have one hurdle 2 feet 6 inches in height and have the boys practice going over it until they can regulate their stride to the ten yards and become proficient. It is very essential that the youngsters be taught that in order to hurdle they must be able to control their stride and know just from where to jump. Under no circumstances should a boy balk at the jump. The stride should be regulated so that the hurdle will be cleared gracefully and without apparent effort.

### THREE-LEGGED RACE.

The three-legged race is another diverting event. As shown in the photograph on page 62, it is arranged by tying two boys' legs together at the ankle and above the knee. The plan is to run as one boy. The three-legged race causes lots of fun and sustains the general interest.

### SACK RACING.

Sack racing is much like an obstacle race or a three-legged race. It is used occasionally as a diversion. It is not the kind of sport, however, that the entire class can take part in and it is not particularly advantageous. The sacks are usually three feet in width and should be fastened securely around the boy's neck. They should be reinforced at the bottom, as it is important that the boys' feet do not come out, because if a competitor's foot or feet do come through the sack he will be disqualified. If a boy falls he is at liberty to pick himself up again and start for the finish line and get there in any way he can. Sack racing, however, is not considered a good athletic event.

### POTATO RACING.

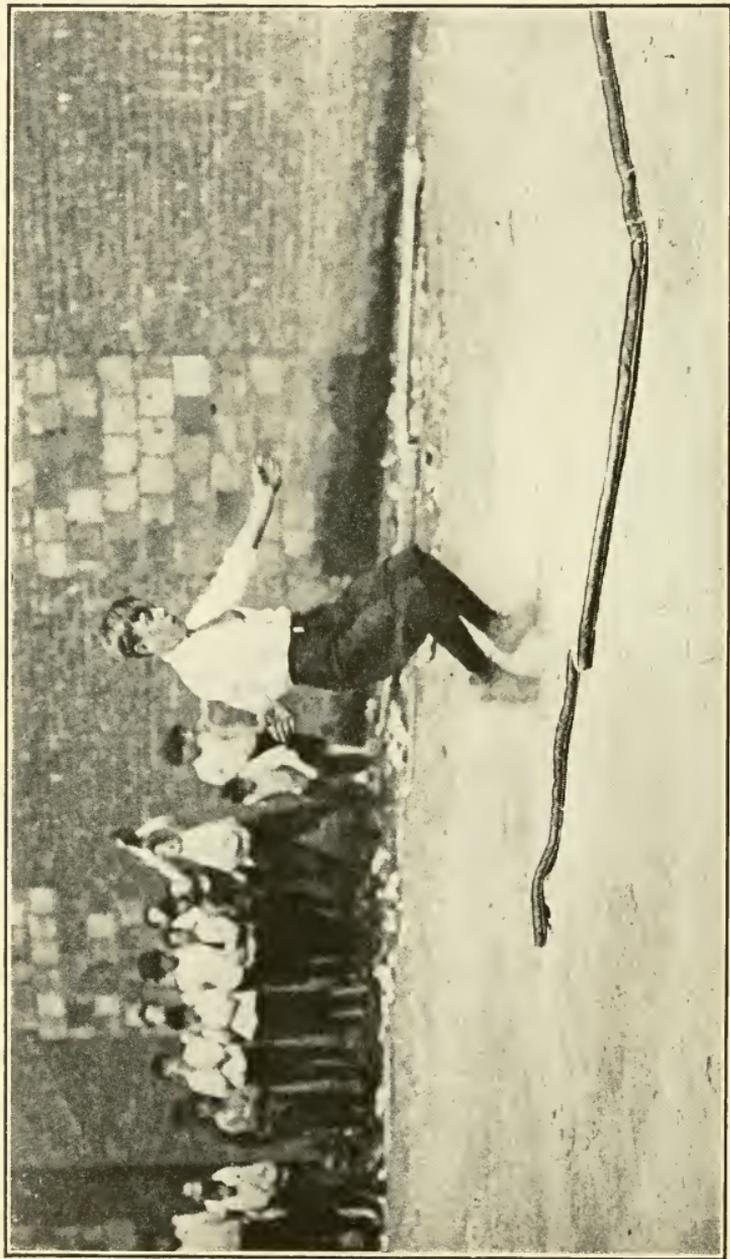
Potato racing is one of the hardest forms of exercises, because it is a steady strain, and under no circumstances should boys be permitted to go in a long potato race. The potatoes should not be more than two feet apart, and there should not be more than four of them. Of course it is out of the question to use potatoes in a race of this kind, therefore small blocks of wood, painted white, about the size of a potato, should be substituted.

## CHAPTER IX.

## PUTTING THE SHOT.

There is absolutely no danger in practicing shot putting if the teacher in charge is careful; the danger comes from using a shot that will roll. All danger in this direction can be eliminated if the teacher will, during the shot putting competition or practice, insist that all the pupils stand behind the shot putter and not in front of him. Have no one out near the mat except the measurer. In some schools regulations prohibit the putting of the shot on school property. In that case the shot putting exercises can be held on the nearest lot adjoining the school. The putting of the five-pound indoor shot certainly cannot injure schoolyard property. Unless the floor of the school is of flimsy material it will never do any damage if the proper mats are used, and there is no chance of spectators being injured by the shot.

If there is a shot putting event it is optional with the management what weight the shot shall be, but it is strongly recommended that a five-pound shot be used for elementary school boys. These boys should not use an eight, twelve or sixteen-pound shot, as it is liable to strain them. The light five-pound shot for little fellows will give them all the opportunity in the world to practice the art of shot putting without injury. They can become more proficient at holding the shot, and acquire the cor-



### *JUMPING OUTDOORS ON MAT.*

*Mats should not be used outdoors if it can possibly be avoided. The earth should be dug up to form a jumping pit. Of course, where the yards are paved with asphalt, mats are a necessity.*

rect poise and movement much easier while using a five-pound shot than if a heavier one were used.

The officials should bear in mind that the boy must not throw the shot; it must be put from the shoulder, and if at any time the hand is drawn back for the purpose of throwing it is a foul put, and should not be measured. After the put is made, be sure to see that the contestant's foot is not over the circle; after putting the shot, if the contestant's foot is on the circle or on the toe-board, the put is a foul and must not be measured; the shot putter can go to the toe-board for a brace before his final heave, but he cannot put his foot on top of the circle.

The measurement of each put shall be from the nearest mark made by the fall of the shot to the circumference of the circle on a line from the mark made by the shot to the center of the circle.

In putting the shot, when it is not necessary to measure the put of the contestants, the distance should be designated by little flags of various colors mounted on wooden blocks; a red flag, say, to indicate the best put, white the second best, blue the third best, and yellow the fourth best. Have them on a direct line with the spot where the shot drops. They can be very small and will not interfere in any way with the competition, except that the measurers, who must act in practice just as they would in competition, will move the blocks up as one putter excels the other, and there will always be in position blocks showing the boys that are first, second, third and fourth. It adds materially to the practice competition when the boys know just what distance they are striving to attain. The same flags can,

be used advantageously in both the standing broad jump and the hop, step and jump, by placing them to the side of the mat on which the boys land.

The remarkable picture of champion Martin Sheridan on page 52, shows his perfect balance after delivery of the shot in the shot put. This illustration is published to show the boy that there is a great deal in being able to get all the strength possible and still not make a foul put. Sheridan has just finished putting the shot and has balanced himself perfectly.

#### STANDING BROAD JUMP.

The standing broad jump is now a popular competition among schoolboys and it is a simple one. The contestant should stand close to the whitewash or chalk line and rock gently to and fro; he may rock backward from toe to heel, but under no circumstances can he make two jumps from the ground. His feet must not be off the ground before he makes his jump, nor can he slide forward with a sort of preliminary movement. He must leave the ground with both feet at the same time. The same rules for the measurement of the other jumps apply to the standing broad jump.

#### RUNNING BROAD JUMP.

In the running broad jump the boy must regulate his stride and speed up to the take-off, and make it a point to practice his stride diligently, so that when he makes his effort he will not waste his distance by toeing too far back nor overstepping the mark and thus making a foul.

Stepping over the line is a foul and the jump is not measured.

### STANDING HIGH JUMP.

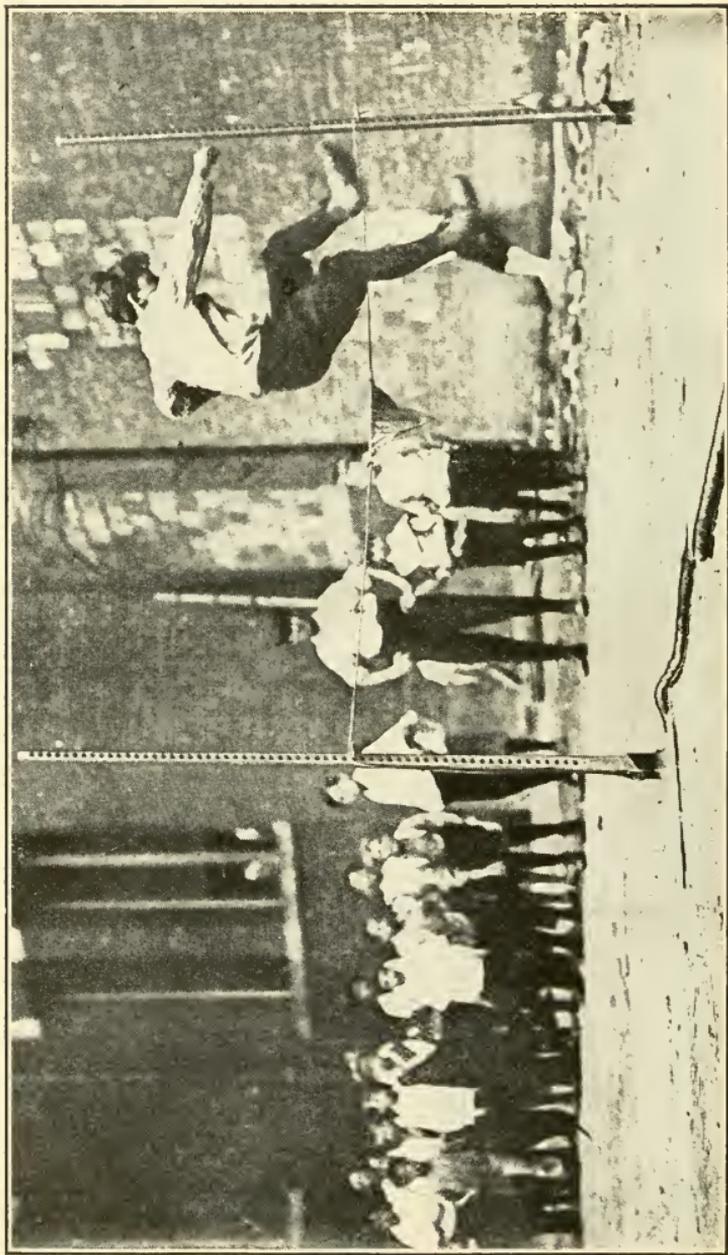
In the standing high jump the same rules in relation to leaving the ground apply as in the standing broad jump. The jump must be clean and clear. A dive is not permissible.

### RUNNING HIGH JUMP.

The running high jump should be practiced with uprights and regular cross bar instead of a cord, because in practicing with a cord the boy does not receive the same experience that he would if he used a regular cross bar. When the entire class is out for high jumping the teacher should line them up, pick out a leader and see that each boy is given a chance to clear the height. Those that clear it in the first jump can be placed in one line. The others then have their second try and those that succeed in this trial can join the first group. A third trial is then taken and the unsuccessful ones are out of the competition altogether. If a contestant does not want to jump at a certain height he need not do so; he can start to jump at any height he wishes, but under no circumstances can the bar be lowered for him.

### RUNNING HOP, STEP AND JUMP.

In the running hop, step and jump the same procedure must be followed out as in the broad jump. Under no circumstances in the hop, step and jump can a boy take two hops, or two steps; it is not two hops and a jump, nor two steps and jump; it is a hop, step and jump. The



### RUNNING HIGH JUMP.

*Another illustration of the mat in use outdoors, which should not be permitted. The earth should have been turned up and the landing made in a soft pit. Using a cord instead of a bar should also be avoided; the cord sags and does not give the boy the experience that he would get in jumping over a wooden cross-bar.*

physical director or officials can easily distinguish between a hop, step and jump, and two hops and jump. Of course there is no objection to having an event of two hops and a jump, or two steps and a jump, but if the event is a hop, step and jump then the boy must hop, step and jump only. A competition of this kind is sure to be popular, because it is something that the boys will become interested in quickly.

In the running hop, step and jump the take-off is usually from the right foot, but whatever foot is used the boy must land on the same foot, then reverse and take a step with the other foot and his final jump must be in the nature of a running broad jump, using both feet for landing on the mat. In other respects the rules governing the running broad jump apply to the hop, step and jump. In measuring, count from the nearest point of the heel to the take-off. If the competitor falls backward or jumps to the side before he has landed correctly, measure from the nearest mark made by his body to the take-off. In other words, if, in making the jump, the boy falls back or sits back, measure from where he fell or sat to the take-off board. If he falls back and puts his hands back of him measure from where his hands touch the ground. The idea is that the boy must learn to balance himself, land correctly and pitch forward.

#### STANDING HOP, STEP AND JUMP.

This is a competition to which the elementary schoolboy will take keenly. It can be practiced without much chance of injury. A whitewash line or chalk line should

be marked on the floor. The boy stands on one foot swinging gently to and fro, so as to get his momentum before starting. On the hop he must land on the foot he leaped from, then take a quick step with the other foot and then make a sudden take-off with both feet for the final jump. Be sure that the final jump is made on a mat that is large enough to eliminate all danger to the boy. The measurement must be from the heel, or the last place where the boy landed, to the chalk line. If the boy falls backward the measure must be taken from the chalk line to the nearest point of contact—to the hands if he has used them in supporting himself in a backward fall.

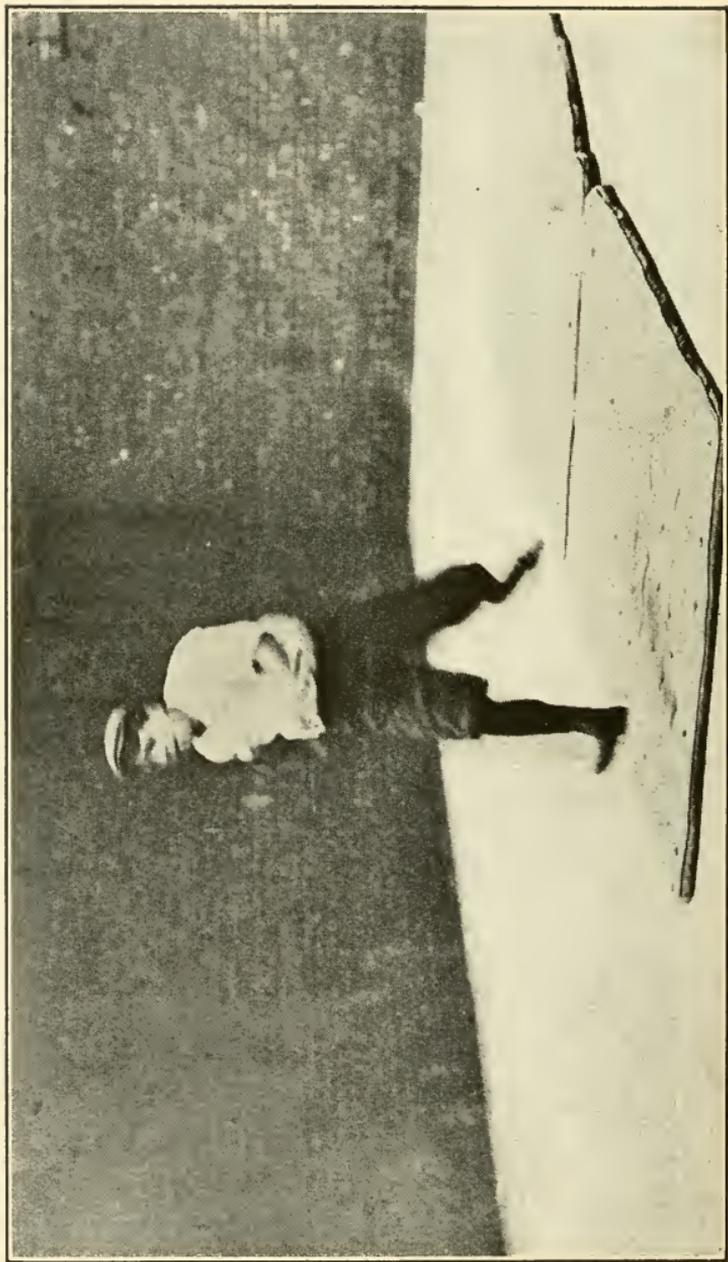
### THREE STANDING JUMPS.

The three standing jumps is an event that should be practiced indoors, because it is an indoor event. The contestant assumes the same position he does in the standing broad jump and the measurement is the same as in the standing broad jump. The boys should be taught to land correctly and pitch forward and not fall backward.

## CHAPTER X.

## HANDICAPPING.

While it is true that in these days of advanced athletics the method of handicapping is quite generally known, an example is nevertheless given as an illustration of how such events are conducted. Scratch races among the pupils will of course be instrumental in deciding the best man, the second best, etc., and a record must be kept—and correctly kept—of all heats in all competitions, otherwise the data is of no value. Suppose for instance, the results in the standing high jump, scratch, were as follows: first, John Jones, 3 feet 6 inches; second, D. Andersen, 3 feet 4 inches; third, H. Andrews, 3 feet 1 inch. In addition, the records of all other boys who competed should also be kept. Then follow with the handicap jump; John Jones would be scratch, D. Anderson would have a handicap of 2 inches, H. Andrews, 5 inches, etc.



**HOP, STEP AND JUMP (INDOORS).**  
*Being contested indoors, on the gymnasium floor, mats are an absolute necessity; in fact, there should be two mats for the boys to land on, instead of one.*

## CHAPTER XI.

## FINAL HINTS.

It is very important indeed, if the athletic meet is to be well managed, that all preliminary details be arranged in a careful manner before the officials appear on the field or floor. Therefore the following suggestions should prove valuable to the committee, director or individual who is to be responsible for conducting a meet:

Decide on the date, place and hour.

Select the events, and print the entry blanks or type-write the announcement of the events, with the time, place and full particulars therein.

Print the admission tickets. Have some stamped "competitors," some "official" and some "press."

Select the following officials:

Games Committee,  
One Referee,  
Two or more Inspectors,  
Three Judges at Finish,  
Three or more Field Judges,  
Three or more Timekeepers,  
One Judge of Walking,  
One Starter,  
One Clerk of Course,  
One Scorer,  
One Marshal.

If necessary, assistants may be provided for the Judge of Walking, the Clerk of Course, the Scorer and the Marshal; and an Official Announcer may be appointed.

Order the medals and badges.

Appoint a programme manager—a programme committee.

Mail out the entry blanks to secure entries.

Tabulate in proper form a separate sheet for each event, the entries as they are received, giving each a competitor's number, and leaving a space for the competitor's registration number.

Send to the papers for several weeks before the meeting notices in relation to the meeting, where it will be held, the hour, with whom the entries close, who will compete, the prizes that will be awarded and other information.

Mail press, officials' and competitors' tickets several days before the games. Send an extra ticket to each school for an official to accompany the team.

Have the clerk in charge distribute the competitors' numbers at the athletes' entrance, so that each contestant can receive his number as printed on the programme.

See that the following things are attended to in advance:

The marking out and measurement of the track must be done in advance.

Have the start and the finish of each race plainly marked. Placard if outdoors; or in figures, if indoors.

See that each handicap is marked on the floor, if indoors; or on the border, if outdoors.

See that the finish line is whitewashed or marked plainly on the floor, as well as the starting line.

The judges should be furnished with several balls of red worsted, and same should be placed at the finish post of each race.

Be very careful about the measurements, and if possible, secure a civil engineer.

The lanes for the sprint events must be clearly marked out, either whitewashed or chalked, if it is impossible to get the regular lanes.

Plenty of mats for jumping must be on hand.

In the high jump, look out for the uprights, cross bars and pegs.

At least three measuring tapes should be secured and turned over to the measurers, who should be responsible for same.

It is always good judgment for the management to have an extra pistol on hand in case the starter fails to appear.

Circles, either wooden or iron, for the shot or weight events, must be secured.

If outdoors, iron circles plainly whitewashed must be used with the proper toe board.

If indoors, mats must be on hand for the shot to land on.

Scales should be on the grounds to weigh the implements.

A bell should be attached to a post on the finish line of all races, which should be rung for the last lap.

In the absence of a bell the starter should be compelled to fire his pistol as the contestants enter the last lap.

Score cards should be prepared and furnished to the scorers for all field events and for the scorer who is to record the finish of all track events and of sprints.

If a pole vault is on the programme, the association must furnish poles for the contestants to use, but the contestant can use his own pole.

Chairs and tables must be on hand for the use of reporters, and someone should be put in charge of same to see that no one sits at the press tables except the reporters.

Arrange for an announcer with a megaphone, and if an announcing board can be erected, it would be much better for all concerned.

Try and arrange to have some section of the grounds or hall set aside for the competitors to occupy when not competing.

Arrange to have the ticket taker and ticket seller and manager on the grounds or in the hall at least an hour and a half before the meeting is scheduled to commence.

In the dressing room make it a point to have several men watch the athletes' clothes, or hire some one to be custodian of the dressing room.

Always have two whistles on hand, one for the starter and one for the referee.

Provide small cards with which the competitors draw for positions.

Try and have a space reserved for the judges and timers, with an official in charge, to see that no one else is allowed to enter.

A scorer must be stationed at the finish in order to take from the judges the finish of all the heats, so that the clerk of the course can arrange the semi-finals and finals.

The score sheets furnished should be stiff cardboard, about 8 x 4 inches, so they can be preserved.

Have two or three assistant clerks of the course, one in the dressing room checking up and arranging the heats, and one at the entrance to the track to take the boys to their marks, so that the heats can follow each other rapidly.

Have a marshal to see that the boys immediately leave the field after a competition is over.

In field events, always have a man out on the field to carry the implements back to the circle.

In high jumping and pole vaulting have someone whose duty it shall be to replace the bar at once.

Have one official always ready to replace the worsted tape at the finish post after the finish of each heat or race.

When a hurdle race is on the programme, always have the hurdles on the grounds and in good order.

In the jumping pit finely screened loam should be used, and not sand or sawdust.

Have the take-off board flush with the ground, spirit level and whitewashed. The earth should be removed to a depth of three inches and a width of twelve in front of the take-off board.

Never commence the hammer throwing or discus throwing events until the field is clear, as no one should be on the field except the officials measuring the event.

After the entries are closed make up the official order of events for the programme, and under no circumstances change it thereafter.

For any further information write to James E. Sullivan, 21 Warren Street, New York City.



*PUTTING THE SHOT.*

*Champion Martin J. Sheridan; showing a perfect balance after delivery.*

## CHAPTER XII.

## PUTTING THE SHOT.

BY MARTIN J. SHERIDAN.

For schoolboys I would recommend that a light shot be used; a five pound shot is quite heavy enough. The shot can be put in any back yard. If there is not room for a seven-foot circle, a line can be drawn and the shot put from the line. As a matter of fact I think that beginners in shot putting should put the shot from a line and master the rudiments of the game before they put it from the regulation circle. The hop across the circle and swing of the body can be learned afterwards.

A great deal more progress will be made by having some prominent shot-putter give an exhibition in order to let the boys note his every movement and copy him than by just letting them practice without any idea as to the correct method of putting the shot.

Be careful to see that the boys do not overexert themselves. From eight to ten puts every day will be enough practice, and they should not be permitted to extend themselves to the limit.

## CHAPTER XIII.

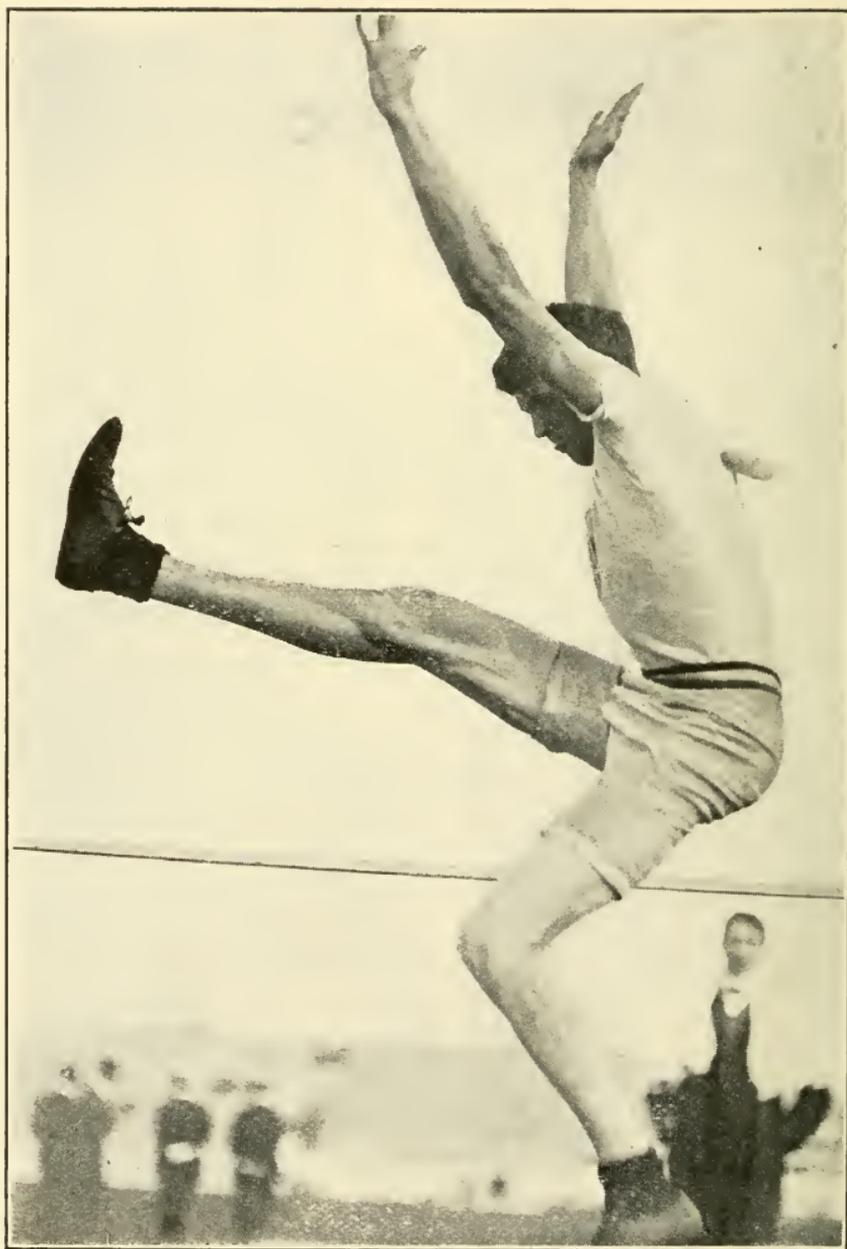
## STANDING BROAD JUMP.

BY RAY C. EWRY.

In the standing broad jump the body covers a certain distance, and in doing so must rise to a certain height. A novice at the game invariably makes both distance and height with the muscular action of the leg, his arms being used only to balance the body. To get the most out of a jump the arms must help lift the body as well as balance it, as will be seen in the following description of the motions used in the jump.

Standing on the take-off, the first position is an erect one with the arms stretched up straight in the air; as the knees and hips bend for the squat, the arms are brought down past the body and swung well back. When they have reached the highest point of their backward swing they are started down and forward, passing the feet just as the body has reached the lowest point of the squat; then just as they reach this point the legs start their push. Now the body has been falling forward all this time an amount which is instinctive and to be learned by practice, so that when the legs push, their thrust is applied in a more or less horizontal direction *along* the ground. This would bring the jumper face downward on the ground, but the arms in the meantime have continued their *hard* upward swing and give the lift to the entire body necessary to carry it to the landing point. After leaving the take-off the legs

are pulled up sharply and at the proper time the feet are dropped forward and down. The arms have been coming down during this action, so that at the moment of landing they are swung backward past the feet, assisting in rocking the body forward and preventing its falling back of the break.



*RAY EWRY HIGH JUMPING.*

*This is a remarkable snapshot of the world's champion clearing the bar.  
Note the action of his right leg, body and arms.*

## CHAPTER XIV.

## STANDING HIGH JUMP.

BY RAY C. EWRY.

In the standing high jump the start is made with the side to the bar at a distance depending upon the jumper. I stand about 18 inches from the bar when clearing 5 feet 4 inches or 5 feet 5 inches. This distance will vary with the height of the bar and the jumper's condition, and will have to be determined by practice. In starting the jump the feet are placed close together, the arms brought down, the squat made in the same way as in the standing broad, except that the body does not fall forward. The upward swing with the arms, combined with the push of the legs, throws the body straight up into the air. As it rises the leg nearest the bar is brought up with the knee bent and carried over the bar. As it passes over the bar the other leg is started upward in the same manner and when the body is at its highest point it is in a sitting position, with a leg on either side of the bar. The first leg over has commenced to drop and the other leg is brought still higher to allow it to clear. The body is now dropping and the second leg must be kicked high to prevent its catching the bar. The landing is made on the first leg over, with the second leg just passing clear of the bar. In starting, the body is inclined slightly toward the bar, so as to give the necessary side rake. This side rake is also increased by a sidewise movement of the hips which

can be learned only by practice. Do not start the scissors action of the legs too soon. Get all the push upward possible first and then maneuver the leg while in the air. This jump requires a great deal of practice, especially in the action of the arms, which control the balance of the body while in the air and make the jump possible.

The important point in all this is the *hard* and *rapid* upward swing with the arms, which lifts the body and allows the legs to make the distance in the standing broad, and assists in lifting the body in the standing high.

One of the best exercises for the arms is the full arm swings and any work which will bring into play the muscles of the neck and shoulders. For the leg muscles, skipping the rope, the stiff-legged jump and "squats." To strengthen the abdominal muscles, use the kicks, especially the double-footed kick, which will also teach control of the body while in the air. Of course the jump itself is the best exercise, especially for timing the various movements. A good plan, when time allows, is to jump until tired and then find out by the *sore* spots the next day what muscles are weak; then suitable exercise can be taken to strengthen these parts.

Jump as often as you feel like doing, but always rest up three or four days before a contest, taking only some light, quick exercise. Above all keep supple; the standing jumps take only an instant to execute, and during that time the various parts of the body move rapidly through long distances, so that any stiffness or tightness which would not affect a shot putter or running jumper would make for a poor performance in a standing jumper.

Avoid the use of stimulants, intoxicants or anything that will affect the digestion. Your nervous system must be in the best of shape, as you must concentrate all your strength in one effort, without any chance to change your stride or balance after the start is made.

## CHAPTER XV.

## HURDLE RACING.

BY HARRY HILLMAN.

Hurdle racing is one of the most spectacular events in athletics. It requires considerable practice and plenty of speed to excel at this sport.

A great many athletes make mistakes in trying to run the full distance over the sticks in their initial trials. For both the high and low hurdles, as a starter, obtain two hurdles 2 feet 6 inches in height.

Begin by practising the jump. Start about ten yards from the hurdle and practice going over it until you show some form and gain confidence in yourself. Of course this cannot be done in a day nor in a week. It will take some time to acquire the knack.

Most timber-toppers hurdle with the left leg forward, but if you find it more convenient to use the other leg, do so. The idea is to get over the hurdles as quickly and gracefully as possible. In leaping extend the leg going over first straight in front; bend the body forward from the hips; extend the arms similar to a tight-rope walker—they act as a balance while in the air. Bring up the rear leg in a hooked position and close to the body; during the leap gradually bring your rear leg forward; on landing be prepared to shoot this leg out for the next stride. Be sure that the front leg clears the hurdle—the rear leg may occasionally hit at first, but practice will overcome

this fault. A hurdler will seldom fall if his first leg clears the bar.

In the official 220 yards low hurdles each hurdle is placed 20 yards apart, a like distance from the start to the first hurdle and from the last hurdle to the finish. But for boys 10 yards will do for a 60 yards race; when the distance is longer the hurdles should be 20 yards apart.

In the latter event seven or nine strides should be taken between the jumps, but it is much better for boys to use hurdles 10 yards apart until they become better acquainted with the hurdles, with, of course, a reduction in the number of strides. Never chop your stride. If necessary, make an extra long leap.

Go at the first hurdle as you would if you were running a 50 yards dash, and on clearing the first obstacle look straight ahead for the next one, counting your strides between the jumps. Never look around; if you do, undoubtedly you will lose your stride and either fall or lose considerable distance. Keep your mind on your own race; do not pay attention to your rivals.

At first the beginner will probably get somewhat discouraged, but upon acquiring the necessary form and speed he will greatly enjoy this branch of the sport.



*HARRY HILLMAN AND LAWSON ROBERTSON.  
The champion three-legged team. Showing how to adjust the official harness.*

## CHAPTER XVI.

## THREE-LEGGED RACING.

BY HARRY HILLMAN.

Three-legged racing until the last few years was regarded as a freak event, but lately it has been looked upon as an event which requires speed, form and knack—an event that necessitates considerable training and practice. In the annual Military Athletic League tournament, it has been for the last four years listed as a championship, and when one considers the time that has been made, 100 yards in 11 seconds, it can readily be realized what progress has been accomplished.

A strap is fastened to each inside ankle of the athlete and a loop strap 3 inches long attached to these, allowing enough leeway, so the competitors will not step on each other. At the upper part of the leg between the knee and hip, another strap is fastened in a similar manner, except that the center strap is shorter—2 inches in length. The lower straps should not be tight, but the upper ones must be fastened tight enough to hold them in place during a race. In the longer races, 120 yards and over, a leather belt must be worn, and attached to this a small strap fastened to the upper leg strap, to hold same in place.

It is advantageous to have the team made up of one taller man, so that the shorter man can better grasp his partner around the back and obtain a good hold around his partner's waist. The taller man's inside arm goes

over his partner's arm and takes a like hold on the other side.

At first it would be better to practice running together until both athletes gain confidence in themselves. The crouch start should be used. In starting the strapped legs should be placed in the front position—the loose legs in the rear; this is advisable because free action is necessary in the first stride. After leaving the mark keep close to your partner, swing the outside arms similar to a sprinter, and on finishing keep going steadily until you slow up to a walk; otherwise a nasty fall will result. The athletes run exactly as if they were running the race alone, with the exception that the inside arms are locked around each other.

Signals should be arranged between the partners so each will know what the other one is going to do.

Continual practice in this event means perfection.

## CHAPTER XVII.

## HIGH JUMPING.

BY HARRY F. PORTER.

High jumping is one of the most helpful and at the same time most fascinating of sports. It calls for all the zealously of an acrobat and furnishes all the stimulus of competition. Progress in high jumping is likely to be slow, but patience and persistence will win the prize. The goal is worth while, for each round of success makes a human weakness overcome, some part of the body strengthened and brought under perfect control, some bit of nervousness eliminated, a substantial gain in manhood—mental, moral, and physical. To rise to class in high jumping one must bring out symmetry of manhood; if weak he must become strong, if awkward he must become graceful, if angular he must become rounded, if inclined to timidity he must become bold, if to nervousness and excitement calm and self-possessed.

There is no set way of high jumping. As no two men are built exactly alike, so no two men can jump their best along the same lines. But the general principle is the same—to make every part of the body and every part of the jump from the beginning of the run to the clearance of the bar and the alighting, serve the one purpose, which is to attain the greatest possible height. First determine that you are going to succeed, then stick everlastingly at it, being guided largely by your own judgment as to the



*HARRY F. PORTER.*  
*Olympic champion high jumper.*

amount of work you attempt, but doing a little every day, if only in your own room, to keep in trim, and you are bound to get there.

It is not necessary to run hard at the bar. It is better to bound along easily with just enough speed to carry you across the bar. Too much speed will shoot you into the bar and out a distance, but not up in the air. You will be coming just fast enough when you are easily able to check yourself at the instant of take-off, thus converting the force of your run into distance upward.

Most jumpers when beginning approach the take-off from the side. But it is better to run straight at it. At first it may seem more difficult and you may not be able to jump as high as with the side approach, but eventually you will be able to go much higher.

Learn to use the off-leg to advantage. By giving it a powerful swing upwards at the instant of take-off, and following it up with a "bending-the-crab" movement just at the instant when the hips and back would appear to take the bar off, you will add many inches to your jump. The body should clear the bar in a wiggle, snake-like, and not stiff nor bolt-upright. A quick snap-down of the legs after they are once across the bar and a simultaneous reach-forward of the arms, head, and shoulders will carry the upper part of the body free of the bar, right it, and enable it to alight gracefully on the feet, thus completing the jump.

In practice it is best not to try very great height, but rather to confine your efforts to more and more perfect clearance of a moderate height—one that you feel you can

make sure of every time. This will favor development of form. Then, under the spur of competition, you will easily be able to combine form with height.

It is not well to practice if you are not in the mood—do something else: run, tramp, play base ball, tennis, basket ball, or hand ball—anything that you can abandon yourself to and thoroughly enjoy and that at the same time will make you quick and develop perfect control. Slow, heavy exercises, like rowing and dumb-bells, or throwing the medicine ball, are not desirable training adjuncts. Practice doing the split and high-stretch kicking every day—this will keep you loosened out and your legs under good control. Also practice the “jumping-jack” stunt very frequently—it will develop spring in the calves and thighs. All these things can be accomplished in one's room or in the back yard and require but a few moments of time each day. After form is once acquired, they will suffice to keep one always in trim for competition.

Do not attempt to combine broad jumping or hurdling with high jumping, if you wish to make the most of yourself at high jumping.

Set your heart on one thing, keep alive your interest in that one thing, and if you are patient and persistent you will one day become a champion—in this or any other athletic feat or in anything else you attempt.

## CHAPTER XVIII.

## CLASS ATHLETICS.

The method of determining class records as adopted by the Board of Superintendents of the Public Schools of Greater New York is given herewith.

In this form of athletics a record is made by the whole class instead of by an individual. At least 80 per cent. of the boys enrolled in the class must take part in order to have the record stand.

Classes may be tested as follows:

## STANDING BROAD JUMP.

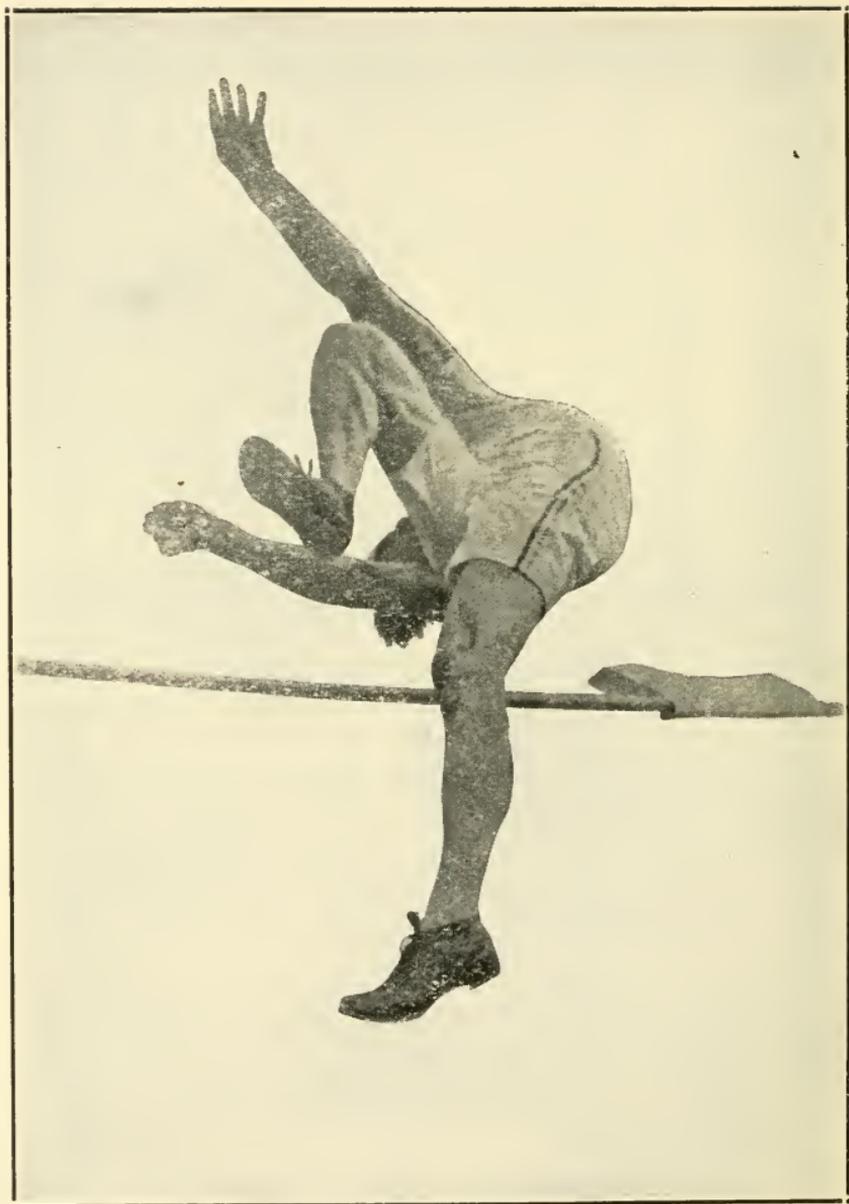
The best record made in three trial jumps is taken for each boy. The class record is determined by adding the individual records and dividing by the number of boys competing.

## PULL-UP.

Each boy must pull himself up until his chin is above the bar, then lower himself, extending his arms to their full length. His feet must not touch the floor during the test. The number of times that he pulls himself up is his record. The class record is found as in the Broad Jump.

## RUNNING.

The distance is 50 yards for Grades 6-A and 6-B and 80 yards for Grades 8-A and 8-B. In order to lessen the possibility of error in timing the competitors, the follow-



**CLEARING THE BAR.**

*A remarkable action photo of Harry F. Porter high jumping.*

ing method has been adopted: The boys are lined up behind the starting mark in the order in which they are to run; the timer, who also acts as starter, stands at the finish-line and gives the signal for each boy to start. As the first runner crosses the finish-line the second runner is given the signal to start. As the last boy crosses the finish-line the watch is stopped. The record is found by dividing the time elapsed by the number of boys competing. If an ordinary watch is used the first boy should be started when the second hand is over the "60" mark.

The Public Schools Athletic League has plaques that are held till the next year by the class making the highest average in each event in each grade of each borough.

#### ATHLETIC BADGE TESTS.

The Public Schools Athletic League offers Athletic Badges for all boys having at least B in effort, proficiency and deportment, upon the attainment of the following standards:

##### BRONZE BADGE.

60-Yard Run . . . . .	8 3-5 seconds
Pull-up, or chinning on bar . . . . .	4 times
Standing Broad Jump . . . . .	5 feet 9 inches

##### BRONZE AND SILVER BADGES.

60-Yard Run, Indoors . . . . .	8 seconds
100-Yard Run, Outdoors . . . . .	14 seconds
Pull-up . . . . .	6 times
Standing Broad Jump . . . . .	6 feet 6 inches



*OLYMPIC CHAMPION F. C. IRONS.  
Showing his remarkable rise and leg-raising action.*

## CHAPTER XIX.

## SETTING UP EXERCISES.

Setting-up exercises are claimed by the author, W. G. George, of London, England, to be one of the best exercises for an athlete. They are easily adapted to class work as a preliminary to other athletic activities.

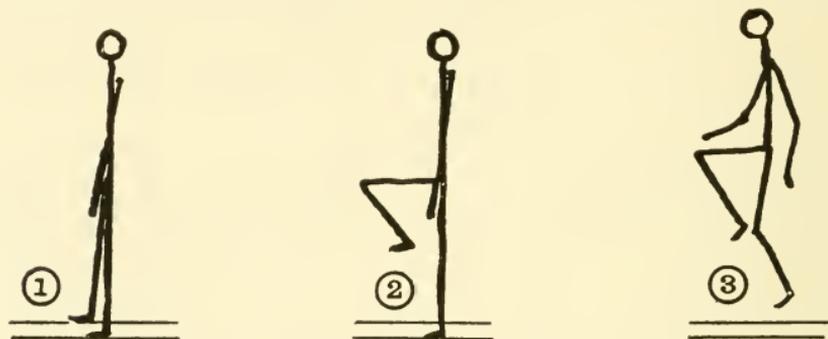
For an elementary schoolboy not more than ten attempts are advisable at the start, five for the first couple of weeks would be better. First week, five times; second week, ten times; third week, fifteen times; fourth week, twenty times, and never more than twenty times for a schoolboy. Mr. George, who firmly believes this to be one of the best methods of getting into shape, is holder of the world's record for running one mile, time 4 minutes  $12\frac{3}{4}$  seconds.

Mr. George's "100-up" exercise can be practiced on any floor, the space required being not more than six feet. The method as given by Mr. George is as follows:

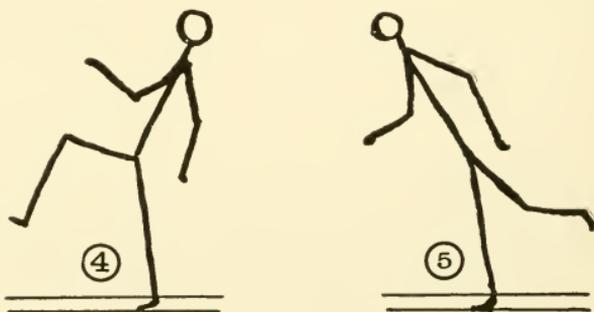
"A.—Preliminary practice for preparing the leg muscles for the more severe strain required of them for the '100-up' exercise:

"Draw two parallel lines on the ground, eighteen inches long and eight inches apart. Place one foot on the middle of each line. Stand flat-footed, the feet lying perfectly straight on the lines. The arms should be held naturally, loosely and nearly straight, with a slight forward inclination, the body being upright and straight (Plate No. 1). Now raise one knee the height of the hip (Plate No. 2)—

precisely as in walking, only the knee action is higher, and brings the foot back and down again to its original position, touching the line lightly with the ball of the foot; repeat the raising and lowering of the leg ten to fifteen



times, and repeat with the other leg. Practically, this amounts to balancing the body on one leg while exercising with the other. Care must be taken that the knee comes to the level of the hip every time. This may not be found



easy at first, but practice will soon bring about the desired result. Great attention must be paid to keeping the body upright and the legs and feet quite straight while exercising. Practice slowly until the necessary balance is

acquired and the exercise accomplished with ease. Having thoroughly mastered the correct form, the student may turn his attention to—

“B.—The major or ‘100-up’ exercise.

“Before giving particulars, I should like again to impress the necessity of maintaining form in every practice. My advice is, directly the correct form is lost, stop. Beginners should start the major exercise slowly and on no account strain nor overexert themselves. Nearly all breakdowns and failures are the result of hurried and injudicious training, or fast work while the system is unprepared for it. On the other hand, slow, well considered, steady practice, rarely, I might also say never, is injurious; while breakdowns are practically unknown among those who start their training slowly, gradually increasing distance, time or pace as the heart, lungs and muscles grow accustomed to the strain which is put upon them.

“Prepare lines as for the preliminary practice. Stand on them as before, except that the body must be balanced on the ball of the foot, the heels being clear of the ground, the head and body being tilted very slightly forward, and the hands down by the side. Now spring from the toe, bringing the knee to the level of the hip (Plate No. 3) as in the slower exercise—letting the foot fall back to its original position; repeat with the other leg, and continue raising and lowering the legs alternately. This action is exactly that of running, except that instead of the legs moving forward, the foot drops into its original position on the ground.

“The main point is, Correct Action. The knees must be brought at each stride up to the level of the hip, while,

as the knee comes down, the foot should not be carried further backwards than level with the back. When the knee is brought higher than the hip, the body is thrown out of its perpendicular backwards (Plate No. 4); when the foot is thrown out behind further than level with the back, the body is correspondingly forced forward (Plate No. 5). Either is a hindrance to form and pace—the two objects striven for by those who train, whether for health or competition. All such will, undoubtedly, derive more benefit from doing their practice correctly than the reverse. While doing the ‘100 up’ use the arms as in running—*i. e.*, hold them also at full length and swing them half way across the chest, forward and backward a few inches behind the back as each stride is taken. A good practice is to stand still on the lines and use the arms as in running, putting plenty of force into the work, so as to loosen the muscles of the shoulders and make the upper part of the frame active and pliable, in order that it may act in perfect union with the legs when the ‘100 up’ is performed.

“I advise nobody to attempt more than twenty up at the start, ten for each leg. Very few can manage even so many in form at the outset; but practice makes a world of difference. Let me warn you, however, against a too rapid progress. This may result in a strain, or what is even more likely, a loss of correct form. The knees will not be parallel to the straight line, or the body will be dragged forward. Do not expect to get true action in a moment. Probably the first few attempts will be disappointments. Be not, however, discouraged. Keep steadily on, and the correct action will come sure enough.”

OFFICIAL RULES  
OF THE  
PUBLIC SCHOOLS ATHLETIC LEAGUE

GOVERNING

COMPETITORS

THE TRACK

THE COURSE

HURDLES

RELAY RACING

POTATO RACING

THE FINISH

STANDING BROAD JUMP

RUNNING BROAD JUMP

RUNNING HIGH JUMP

THE SHOT

TIES

PROTESTS

Reprinted from the Official Handbook of the Public Schools  
Athletic League (Spalding's Athletic Library No. 313).

## THE COMPETITORS.

*Rule XVII.*

The competitors shall report to the Clerk of the Course at the starting point of each competition, after they have been called to the inner circle.

Each contestant must provide himself with a number corresponding to the number opposite his name on the programme. This number he must wear conspicuously while he is competing, and without it he shall not be allowed to start except with the consent of the Referee.

In handicap events, competitors, whether they be scratch or limit mark men, must start from positions in which they are placed by the Clerk of the Course.

If in straightaway races the competitor does not confine himself to his own lane, but instead crosses into the lane of his opponent, the Referee shall disqualify him.

In races around a turn, the competitor shall, after turning the last corner, continue in a straight line to the finish and not cross either to the outside or the inside in front of any of the other competitors.

Any competitor who wilfully jostles, crosses in front of, or otherwise impedes an opponent, shall be disqualified by the Referee from that event.

The Referee shall further disqualify from the meeting any competitor who, in his opinion, is trying to lose, to coach, or to impede in any way the chances of another competitor. He shall further notify the Games Committee, who will take further action.

Any competitor acting in an ungentlemanly manner, whether toward competitors, spectators or officials, may be disqualified by the Referee from that and all other events at that meeting, and if the Referee thinks the offence worthy of further punishment, he shall make a full report on the case to the Secretary of the Public Schools Athletic League for further action.

## THE TRACK.

*Rule XIX.*

The distance to be run shall be measured on a line eighteen inches outward from the inner edge of the track. This edge shall be a solid curb raised three inches above the level of the track.

In straightaway races, distance shall be measured in a direct line from the starting mark to the finishing line.

In indoor races on board floors courses may be marked plainly (with whitewash) on the track.

## THE COURSE.

*Rule XX.*

In straightaway races the competitor must keep his own course from start to finish. In these races separate courses, called lanes, shall be laid out for each competitor by means of stakes driven into the ground, to which cord or wire is attached and which are placed about fifteen yards apart.

In all races the competitors must not cross to the pole, or inner edge of the track until he is at least two strides in advance of his nearest competitor.

In all championship races positions shall be drawn for, numbering one, two, three, and so on, from border out, and the drawing shall be in the names of the schools. The Clerk of the Course shall then allot positions. The school having the first choice shall have the position next the pole, or inner edge of the track, the school having second choice, second position and so on, the schools alternating, so that, if possible, there will not be two contestants from the one school in the same heat.

In championship events on straightaway tracks, the drawing shall be by schools, and the Referee shall see that no two contestants from the same school shall start in one heat. There shall be a drawing for the choice of lanes, the school winning first choice selecting whatever lane the first runner for that school desires, the school having second choice the next best lane and so on.

In handicap events the contestants, when called, must take any lane assigned them by the Clerk of the Course.

### RELAY RACING.

#### *Rule XXVII.*

A line shall be drawn twenty feet in front of each starting line. Between these two lines each runner must touch the succeeding runner. Failure to do this shall disqualify the team in that event. There shall be Judges of Relay Racing whose duties it shall be to see that all touches are properly made.

The same rules with reference to fouling, coaching or impeding a runner in any manner, apply to relay racing as to other running events.

In the case of a handicap relay race, the boy on the first relay is granted the total handicap allowed each team.

Only those boys are allowed to run in the final heat of a relay race who have competed in the trial heats.

### POTATO RACING.

#### *Rule XXIV.*

The potato race shall be one in which three or more potatoes are placed two yards apart on a direct line. The first potato shall be two yards from the receptacle, which shall be either a pail, basket, box, or can, not over 36 inches in circumference at the opening.

The finish shall be a line five yards back of the receptacle, which must be crossed after the last potato has been placed in the receptacle.

If the competitor should drop a potato, he must replace it in the receptacle before he touches another potato; otherwise, he shall be disqualified.

In handicap events the mark is taken off back of the receptacle.

### THE SHOT.

#### *Rule XXV.*

The Shot shall be a metal sphere of any weight decided upon by the Games Committee. For indoor games for record purposes

a filled shot covered with any material and being a perfect and solid sphere may be used.

The shot shall be "put" with one hand, and in making the attempt, it shall be above and not behind the shoulder.

All puts shall be made from a circle seven feet in diameter. The circle shall be a metal or wooden ring, painted or white-washed, and sunk almost flush with the ground, and it shall be divided into two halves by a line drawn through the center. In the middle of the circumference of the front half shall be placed a stop-board four feet long and four inches high, and firmly fastened to the ground. In making his puts, a competitor may rest his foot against, but not on top of, the stop-board.

That put shall be considered a fair put when no part of the body of the competitor touches the top of the stop-board, the circle, or the ground outside of the circle, provided the competitor shall leave the circle by its rear half, which shall be the half directly opposite the stop-board. A put shall be considered foul if any part of the body of the competitor shall touch the ground outside the front half of the circle before the put is measured.

The Field Judges shall measure each put from the nearest mark made by the fall of the shot to the circumference of the circle on a line from the mark made by the shot to the center of the circle.

Foul puts and letting go the shot in making an attempt shall be counted as trials without result.

Each competitor shall have three trial puts, and the first, second, third and fourth in the trials shall have three more trials each in the final.

The best put made by a competitor, whether made in the trials or finals shall count as his best put and the result will be decided accordingly.

## RUNNING HIGH JUMP.

### *Rule XXVI.*

A fair jump shall be one that is made without the assistance of weights, diving, somersaults or handsprings of any kind.

The bar shall be a thin stick two inches in width and shall rest on pins which shall project not more than three inches from the uprights. When this bar is removed, it shall constitute a trial jump without result.

The height at which the jump shall commence and the height to which it shall be raised at each succeeding jump shall be decided by the Field Judges.

The height shall be measured from the middle of the bar to the ground on a direct line.

Each competitor shall be allowed three trial jumps at each height, and if on the third trial he shall fail, he shall be declared out of the competition.

At each successive height each competitor shall take one trial in his proper turn; then those failing, if any, shall have their second trial in a like order, after which those who have failed at the second trial may take their third and final trial at that height.

A competitor may decline to jump at any height in his turn, and by so doing, forfeits his right to again jump at the height declined.

If, however, a competitor takes a trial at any height and fails in the first trial, he shall not pass the other two trials.

Running under the bar in making an attempt to jump shall be counted as a balk, and three successive balks shall constitute a trial jump.

There shall be no limit to the run a competitor may take before attempting a jump.

## RUNNING BROAD JUMP.

### *Rule XXVII.*

A joist five inches shall be sunk flush with the ground. The outer edge of the joist shall be called the scratch line and the measurement of all jumps shall be made from it at right angles to the nearest break in the soft ground, or in the turf or earth outside the soft ground by any part of the body of a competitor.

In front of the scratch line the ground shall be removed to the depth of three and the width of twelve inches outward.

A foul jump shall be one where the competitor in jumping off the scratch line makes a mark on the ground immediately in front of it, or runs over the line without jumping, and shall count as a trial jump without result.

Each competitor shall have three trial jumps, and the competitors finishing one, two, three and four in the trial jumps, shall each have three more trial jumps.

The competition shall be decided by the best of all the trial jumps of the competitors.

A fair jump shall be one that is made without the assistance of weights, diving, somersaults or handsprings of any kind.

## STANDING BROAD JUMP.

### *Rule XXVIII.*

The feet of the competitor may be placed in any position, but shall leave the ground once only in making an attempt to jump. When the feet are lifted from the ground twice, or two springs are made in making the attempt, it shall count as a trial jump without result. A competitor may rock back and forward, lifting heels and toes alternately from the ground, but may not lift either foot clear of the ground, nor slide either foot along the ground in any direction.

In all other respects the rules governing the running broad jump govern the standing broad jump as well.

## THE HURDLES.

### *Rule XXXI.*

In the 120 yards hurdle race, ten hurdles shall be used; height of hurdles to be decided upon by the Games Committee. They shall be placed ten yards apart, with the first hurdle fifteen yards distant from the starting point, and the last hurdle fifteen yards before the finishing line.

In the 220 yards hurdle race ten hurdles shall be used; height of hurdle to be decided upon by the Games Committee. They

shall be placed twenty yards apart, with the first hurdle twenty yards distant from the starting mark, and the last hurdle twenty yards from the finishing line.

In hurdle races of other distances, and with different numbers of hurdles, the hurdles shall be placed at equal distances, with the same space between the first hurdle and the starting point and the last hurdle and the finishing line as between each of the hurdles.

In making a record it shall be necessary for the competitor to jump over every hurdle in its proper position, nor shall the performance be considered a record unless every hurdle is left standing.

## TIES.

### *Rule XXXII.*

In all contests whose results are determined by measurement of height or distance, ties shall be decided as follows:

In handicap contests the award shall be given to the competitor who received the least allowance. In case of a tie between two or more competitors who received the same allowance, the decision shall be made as in scratch contests.

In case of a tie in a scratch contest at high jumping, the tying competitors shall have three trials at the height last tried, and if still undecided the bar shall be lowered to the height next below, and three trials taken at that height. If no one clears it, the bar shall be lowered again and again until one of the competitors clears it. In case of a second tie, the award shall be given to the competitor who cleared the bar with the least number of trials.

In case of a tie in a scratch contest in any event decided by distance, each of the tying competitors shall have three additional trials, and the award shall be made in accordance with the distance clear in these additional trials. In case of a second tie three more trials shall be allowed, and so on, until a decision is reached. In case of a dead heat in track events, the competitors shall not be allowed to divide the prize or points, or to

toss for them, but must compete again at a time and place appointed by the Referee.

In case of a tie in the pole vault the officials shall raise or lower the bar at their discretion, and those competitors who have tied shall be allowed one trial at each height.

## THE FINISH.

### *Rule XXI.*

The finish of a course shall be represented by a line between two finishing posts drawn across and at right angles to the sides of the track and four feet above which shall be placed a tape attached to both finishing posts.

The finish of any race shall be counted when any part of competitor's body except his hands and arms shall reach the finish line.

No competitor shall be considered to have finished unless his entire body shall have crossed the finish line.

## PROTESTS.

### *Rule XVIII.*

Protests against any competitor entered in any games may be made verbally or in writing, to the Games Committee before the meet, or to the Referee during the meet.

If the protest is a claim of foul committed during the meet, the Referee shall decide the matter at once as laid down in the duties of Referee (Rule III.).

If possible, the Games Committee shall decide all protests before the events are run off. If it is a case requiring the taking of evidence, the Games Committee shall decide the matter within one week after the date of the games. If it affects the contestant's amateur status, however, the case must be referred to the Secretary of the Public Schools Athletic League for action.

When a contestant is allowed to compete under protest, the prizes that he may win shall be withheld until the case is settled.

## OFFICIAL RULES FOR ALL ATHLETIC SPORTS.

The following list contains the Group and the Number of the book of Spalding's Athletic Library in which the rules wanted are contained. See front pages of book for complete list of Spalding's Athletic Library.

EVENT.	Group	No.	EVENT.	Group	No.
All-Round Athletic Cham- pionship .....	12	182	Lawn Bowls .....	11	207
A. A. U. Athletic Rules .....	12	311	Lawn Games.....	11	188
A. A. U. Boxing Rules .....	12	311	Lawn Tennis .....	4	4
A. A. U. Gymnastic Rules..	12	311	Obstacle Races.....	12	55
A. A. U. Water Polo Rules..	12	311	Olympic Game Events—Mar- athon Race, Stone Throw- ing with Impetus, Spear Throwing, Hellenic Method of Throwing Discus, Dis- cus, Greek Style for Youths		
A. A. U. Wrestling Rules...	12	311		12	55
Archery .....	11	248	Pigeon Flying.....	12	55
Badminton.....	11	188	Pin Ball .....	12	55
Base Ball.....	1	1	Playground Ball.....	1	306
Indoor .....	9	9	Polo (Equestrian).....	10	199
Basket Ball, Official .....	7	7	Polo, Rugby .....	12	55
Collegiate .....	7	312	Polo, Water (A. A. U.) .....	12	311
Women's.....	7	318	Potato Racing .....	12	311
Water .....	12	55	Professional Racing, Shef- field Rules.....	12	55
Basket Goal .....	6	188	Public Schools Athletic League Athletic Rules....	12	313
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Hand Polo .....	10	188	Walking .....	12	55
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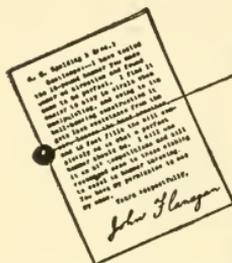
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JOHN FLANAGAN  
16-lb. Hammer Thrower.

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| No. 8IH.  | 8-lb., iron, juvenile.    | \$2.50 |
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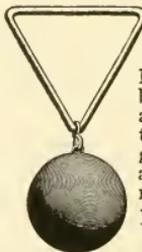
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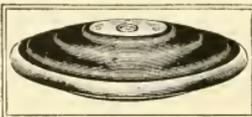
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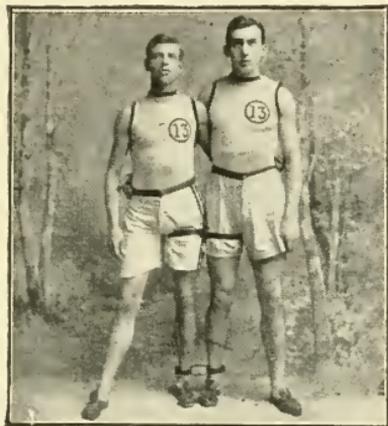
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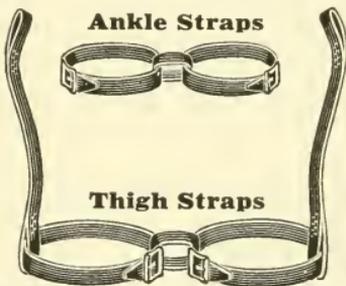
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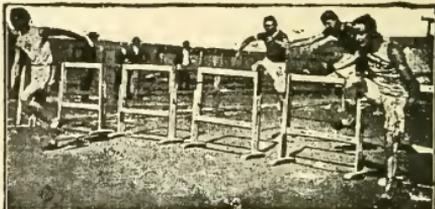
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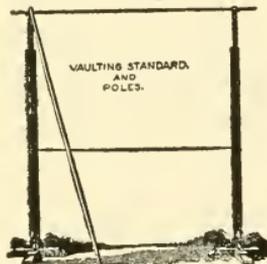
The frame is 2 feet 6 inches high, with a swinging wooden hurdle 2 feet high, the swinging joint being 6 inches from one side and 18 inches from the other. With the short side up it measures 2 feet 6 inches from the ground, and with the long side up, 3 feet 6 inches. The hurdle can be changed from one height to the other in a few seconds, and is held firmly in either position by a thumb-screw.

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**We guarantee** all of our wood vaulting poles, both hollow and solid, to be perfect in material and workmanship, but we do not guarantee against breaks while in use, as we have found in our experience that they are usually caused by improper use or abuse.

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**Competitors' Numbers, Printed on Heavy Manila Paper or Strong Linen****4**

	MANILA	LINEN
No. 1. 1 to 50. Set, \$	.50	<b>\$2.50</b>
No. 2. 1 to 75. "	.75	<b>3.75</b>
No. 3. 1 to 100. "	1.00	<b>5.00</b>
No. 4. 1 to 150. "	1.50	<b>7.50</b>
No. 5. 1 to 200. "	2.00	<b>10.00</b>
No. 6. 1 to 250. "	2.50	<b>12.50</b>

For larger meets we supply Competitors' Numbers on Manila paper only in sets as follows:

No.	PER SET	No.	PER SET
7. 1 to 300.	<b>\$3.00</b>	16. 1 to 1200.	<b>\$12.00</b>
8. 1 to 400.	<b>4.00</b>	17. 1 to 1300.	<b>13.00</b>
9. 1 to 500.	<b>5.00</b>	18. 1 to 1400.	<b>14.00</b>
10. 1 to 600.	<b>6.00</b>	19. 1 to 1500.	<b>15.00</b>
11. 1 to 700.	<b>7.00</b>	20. 1 to 1600.	<b>16.00</b>
12. 1 to 800.	<b>8.00</b>	21. 1 to 1700.	<b>17.00</b>
13. 1 to 900.	<b>9.00</b>	22. 1 to 1800.	<b>18.00</b>
14. 1 to 1000.	<b>10.00</b>	23. 1 to 1900.	<b>19.00</b>
15. 1 to 1100.	<b>11.00</b>	24. 1 to 2000.	<b>20.00</b>

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### Spalding 7-Foot Circle



The discus, shot and weights are thrown from the 7-foot circle. Made of one-piece band iron with bolted joints. Circle painted white.

Each, \$10.00

### Spalding Take-off Board

The Take-off Board is used for the running broad jump, and is a necessary adjunct to the athletic field. Regulation size; top painted white.



Each, \$3.00

### Spalding Toe Board or Stop Board



The Toe Board or Stop Board is used when putting the 16-lb. shot, throwing weights and discus,

and is curved on the arc of a 7-foot circle. Toe Board, regulation size, painted white and substantially made.

Each, \$3.50

### Spalding Referees' Whistles

No. 1. Nickel-plated whistle, well made.

No. 2. Very reliable. Popular design.



No. 2

No. 1

### Spalding Lanes for Sprint Races

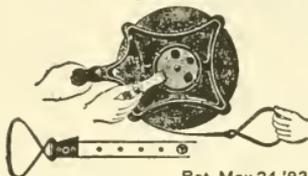
We supply in this set sufficient stakes and cord to lay out four 100-yard lanes. Stakes are made with pointed end and sufficiently strong, so that they can be driven into hard ground.



No. L. Per set, \$15.00

### Patent Steel Tape Chain on Patent Electric Reel

For Measuring Distances in Athletic Competitions



Made of superior steel about 1/4 inch wide. The reel allows the entire tape open to

Pat. May 24, '92 dry and can

be reeled and unreel as easily as tapes in cases. Especially adapted to lay off courses and long measurements. Accuracy guaranteed. Complete directions with every tape.

No. 1 B. 100 feet long. Each, \$5.00  
No. 1 I B. 200 feet long. " 7.50

### Patent "Angle" Steel Measuring Tape

Especially adapted for laying off base ball diamonds, tennis courts and



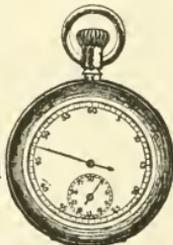
all kinds of athletic fields, both outdoors and indoors. With this patent "Angle" Tape one person can easily secure accurate right angles, yet the tape is equal to any other for straight or any kind of measuring. Steel Tape enclosed in hard leather case, flush handles, all mountings nickel-plated. Accuracy guaranteed.

No. A. 50 feet long, 3/8 in. wide. Each, \$4.00  
No. B. 100 feet long, 3/8 in. wide. " 6.75

### Spalding Stop Watch

Stem winder, nickel-plated case, porcelain dial, registered to 60 seconds by 1-5 seconds, fly back engaging and disengaging mechanism.

Each, \$7.50



### Spalding Starter's Pistol



32 caliber, two inch barrel. Patent ejecting device.

Each, \$6.00

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# SPALDING Boys' Running SUITS

Combination prices will be  
quoted on five or more suits  
as specified.



<b>No. 1B SUIT</b> —Consisting of	Retail
No. 6E Shirt. . . . .	\$ .50
No. 6 Running Pants. . . . .	.35
No. K Shoes. . . . .	.75
No. VB Sweater (Gray only) . . . . .	1.25
Price, if separate articles composing outfit are purchased singly. . . . .	\$2.85

**Combination Price . . . . . \$2.40**

*Striping pants down sides or around waist, 20c. pair extra*

<b>No. 2B SUIT</b> —Consisting of	Retail
No. 6E Shirt. . . . .	\$ .50
No. 6 Running Pants. . . . .	.35
No. K Shoes. . . . .	.75
No. 1 Bathrobe. . . . .	2.50
Price, if separate articles composing outfit are purchased singly. . . . .	\$4.10

**Combination Price . . . . . \$3.60**

*Striping pants down sides or around waist, 20c. pair extra*

<b>No. 3B SUIT</b> —Consisting of	Retail
No. 6E Shirt. . . . .	\$ .50
No. 4 Running Pants. . . . .	.50
No. 12 Running Shoes, sizes 1 to 6, with spikes for outdoor running. . . . .	2.50
No. JB Sweater (Gray only) . . . . .	1.50
Price, if separate articles composing outfit are purchased singly. . . . .	\$5.00

**Combination Price . . . . . \$4.40**

*Striping pants down sides or around waist, 20c. pair extra*

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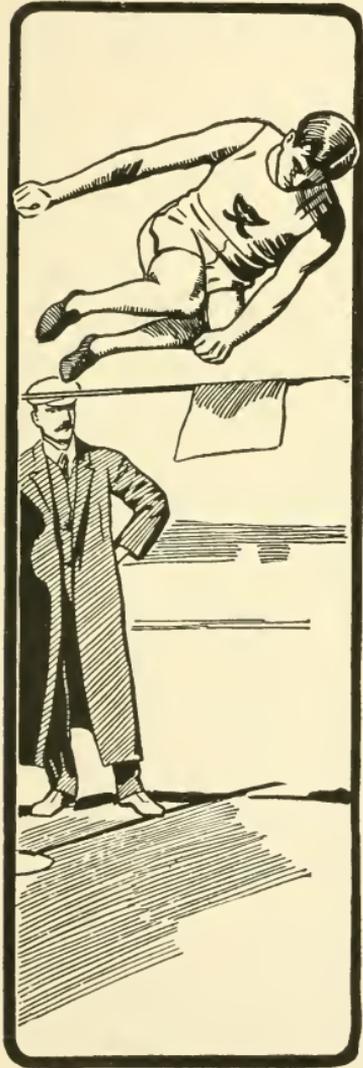
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# SPALDING

# Boys' Running SUITS

*Combination prices will be quoted on five or more suits as specified.*



**No. 4B SUIT**—Consisting of

No. 6E Shirt	Retail \$ .50
No. 4 Running Pants	.50
No. 114 Leather Running Shoes, sizes 1 to 6, rubber soles, no spikes, for indoor running.	2.50
No. JB Sweater (Gray only)	1.50
Price, if separate articles composing outfit are purchased singly.	\$5.00
<b>Combination Price</b>	<b>\$4.40</b>

*Striping pants down sides or around waist, 20c. pair extra*

**No. 5B SUIT**—Consisting of

No. 6E Shirt	Retail \$ .50
No. 4 Running Pants	.50
No. 12 Running Shoes, with spikes, for outdoor running.	2.50
No. 1 Bathrobe.	2.50
Price, if separate articles composing outfit are purchased singly.	\$6.00
<b>Combination Price</b>	<b>\$5.40</b>

*Striping pants down sides or around waist, 20c. pair extra*

**No. 6B SUIT**—Consisting of

No. 6E Shirt	Retail \$ .50
No. 4 Running Pants	.50
No. 114 Leather Running Shoes, rubber soles, no spikes; indoor use.	2.50
No. 1 Bathrobe.	2.50
Price, if separate articles composing outfit are purchased singly.	\$6.00
<b>Combination Price</b>	<b>\$5.40</b>

*Striping pants down sides or around waist, 20c. pair extra*

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# SPALDING INDOOR

## Men's and Youths' RUNNING SUITS

Combination prices will be quoted on five or more suits as specified.

Consisting of <b>No. 1D SUIT</b>		Retail
No. 6E Shirt, white.	.	\$ .50
No. 4 Running Pants.	.	.50
No. K Shoes	.	.75
Price, if articles composing outfit are purchased singly.		\$1.75

**Combination Price, \$1.45**

*Striping Pants down sides or around waist, 20c. pair extra*

Consisting of <b>No. 2D SUIT</b>		Retail
No. 6E Shirt, white.	.	\$ .50
No. 3 Running Pants.	.	.75
No. 1 Shoes.	.	1.50
Price, if articles composing outfit are purchased singly.		\$2.75

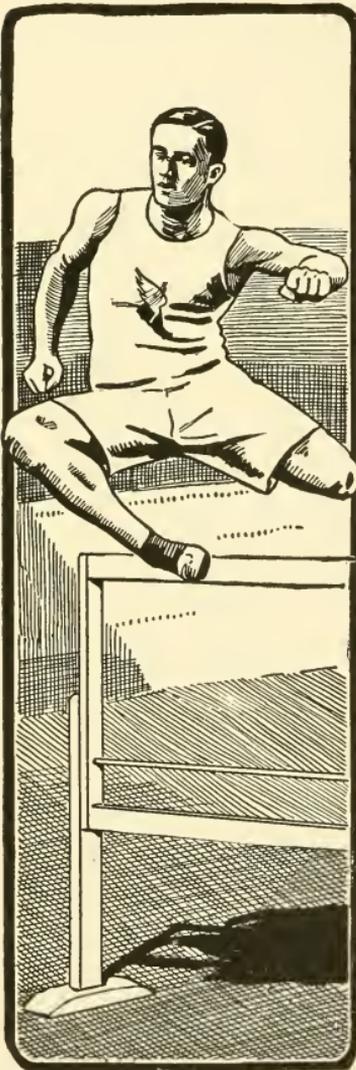
**Combination Price, \$2.20**

*Striping Pants down sides or around waist, 20c. pair extra*

Consisting of <b>No. 3D SUIT</b>		Retail
No. 6E Shirt, white.	.	\$ .50
No. 4 Running Pants.	.	.50
No. 114 Shoes.	.	2.50
Price, if articles composing outfit are purchased singly.		\$3.50

**Combination Price, \$3.00**

*Striping Pants down sides or around waist, 20c. pair extra*



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# SPALDING OUTDOOR Men's and Youths' RUNNING SUITS



Combination prices will be quoted on five or more suits as specified.

Consisting of **No. 1S SUIT** Retail

No. 6E Shirt, white. . . \$ .50

No. 4 Running Pants. . . .50

No. K Shoes . . . .75

Price, if articles composing outfit are purchased singly. \$1.75

**Combination Price, \$1.45**

*Striping Pants down sides or around waist, 20c. pair extra*

Consisting of **No. 2S SUIT** Retail

No. 6E Shirt, white. . . \$ .50

No. 4 Running Pants. . . .50

No. 11 Shoes. . . .3.00

Price, if articles composing outfit are purchased singly. \$4.00

**Combination Price, \$3.30**

*Striping Pants down sides or around waist, 20c. pair extra*

Consisting of **No. 3S SUIT** Retail

No. 600 Shirt. . . . \$1.50

No. 3 Running Pants. . . .75

No. 11T Shoes. . . .4.00

Price, if articles composing outfit are purchased singly. \$6.25

**Combination Price, \$5.30**

*Striping Pants down sides or around waist, 20c. pair extra*

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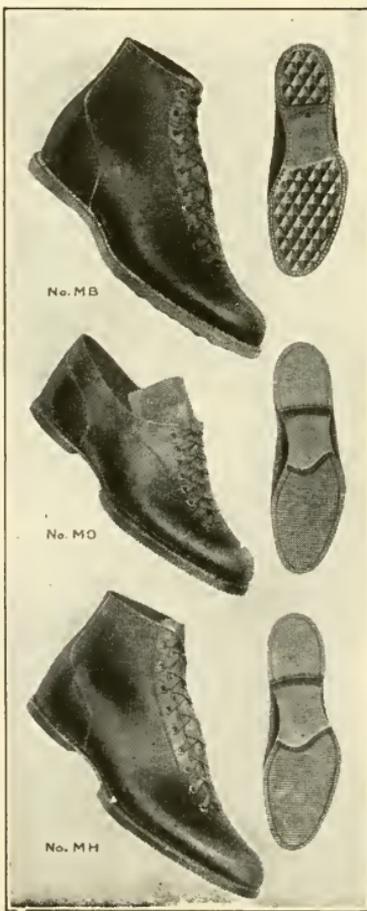
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# Spalding LONG-DISTANCE



# MARATHON "Μαραθών" RUNNING SHOES

SPALDING RUNNING SHOES were worn by many of the American Team at the Olympic Games, London, and the news of the unparalleled success of the men from these shores came to us with the added knowledge that we had contributed in at least some small degree to make their victory so conclusive. We had been building for just this result for over twenty years, or since our shoes have been made in the Spalding Factory, sparing no pains or expense in our endeavor to turn out absolutely perfect athletic shoes, and when the importance of having a shoe expert on the ground with the American athletes at the Olympic Games, London, was borne to us, our expert went to give whatever aid, counsel and encouragement he could to the sterling athletes who competed for the glory of America and the Stars and Stripes.



## BUILT TO WIN.

The same models as used by many of the competitors in the famous **MARATHON "Μαραθών"** race at the 1908 Olympic Games, London.

**No. MB.** High cut. Made with special pure gum "diamond point" rubber soles and special quality black leather uppers. Full finished inside so as not to hurt the feet in a long race. Hand sewed. This is a special shoe, **not** carried in stock, and made to order only. We cannot guarantee the soles on these shoes as they are pure gum, which, while the best and most costly material for the purpose, is not, unfortunately, the most durable. Pair, **\$8.00**

**No. MO.** Low cut. Made with corrugated tap rubber sole and cushioned leather heel; special quality black leather uppers. Full finished inside so as not to hurt the feet in a long race. Hand sewed. Per pair, **\$5.00**

**No. MH.** High cut. Made with corrugated tap rubber sole and cushioned leather heel; special quality black leather uppers. Full finished inside so as not to hurt the feet in a long race. Hand sewed. Pair, **\$5.00**

*The above represent the three styles most popular among American distance runners.*

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# Spalding Jacket Sweaters

Sizes 28 to 44 inch chest measurement. We allow four inches for stretch in all our sweaters, and sizes are marked accordingly. It is suggested, however, that for very heavy men a size about two inches larger than coat measurement be ordered to insure a comfortable fit.

## BUTTON FRONT



No. **VG**. Best quality worsted, heavy weight, pearl buttons. Made in Gray, White and Dark Brown Mixture only.

Each, **\$6.00** ★ *\$60.00 Doz.*

No. **DJ**. Fine worsted, standard weight, pearl buttons, fine knit edging. Made in Gray, White and Sage Gray only.

Each, **\$5.00** ★ *\$54.00 Doz.*

No. **3J**. Standard weight wool, shaker knit, pearl buttons. In Gray or White only.

Each, **\$4.50** ★ *\$48.00 Doz.*



## WITH POCKETS

No. **VGP**. Best quality worsted, heavy weight, pearl buttons. Made up in Gray or White only.

With pocket on either side and a particularly convenient and popular style for golf players.

Each, **\$6.50** ★ *\$75.00 Doz.*

No. **VG**. Showing special trimmed edging and cuffs supplied, if desired, on jacket sweaters at no extra charge.

No. **VGP**

## Spalding

### Vest Collar Sweaters

No. **BG**. Best quality worsted, good weight. Gray or White only, with extreme open or low neck.

Each, **\$5.50** ★ *\$57.00 Doz.*

### Boys' Jacket Sweater

No. **3JB**. This is an all wool jacket sweater, with pearl buttons; furnished in Gray only, and sizes from 30 to 36 inches chest measurement.

Each, **\$3.00** ★ *\$33.00 Doz.*

SPECIAL NOTICE—We will furnish any of the above solid color sweaters with one color body and another color (not striped) collar and cuffs in stock colors only at no extra charge. This does not apply to the No. 3JB Boys' Sweater.



No. **BG**



No. **3JB**

The prices printed in italics opposite items marked with ★ will be quoted only on orders for one half dozen or more. Quantity prices NOT allowed on items NOT marked with ★

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# ATHLETIC SHIRTS, TIGHTS AND TRUNKS

**STOCK COLORS AND SIZES. Worsted Goods, Best Quality.** We carry following colors regularly in stock: Black, Navy Blue and Maroon, in stock sizes. Shirts, 26 to 44 in chest. Tights, 28 to 42 in. waist. Other colors and sizes made to order at special prices. Estimates on application.

**Our No. 600 Line Worsted Goods.** Furnished in Gray and White, Navy Blue, Maroon and Black only. Stock sizes: Shirts, 26 to 44 in. chest; Tights, 28 to 42 in. waist.

**Sanitary Cotton Goods.** Colors: Bleached White, Navy, Black, Maroon and Gray. Stock sizes: 26 to 44 in. chest; Tights, 26 to 42 in. waist.

## Spalding Sleeveless Shirts

No. 1E. Best Worsted, full fashioned, stock colors and sizes. Each, **\$3.00**

No. 600. Cut worsted, stock colors and sizes. Each, **\$1.50** ★ *\$13.50 Doz.*

No. 6E. Sanitary Cotton, stock colors and sizes. Each, **50c.** ★ *White, 4.50 Doz.*

## Spalding Striped Sleeveless Shirts ★ *Colors, 4.75 Doz.*

No. 600S. Cut Worsted, with 4-inch stripe around chest, in following combinations of colors; Navy with White stripe; Black with Orange stripe; Maroon with White stripe; Red with Black stripe; Royal Blue with White stripe; Black with Red stripe; Gray with Cardinal stripe. Each, **\$1.50** ★ *\$15.00 Doz.*

No. 6ES. Sanitary Cotton, solid color body, with 4-inch stripe around chest, in same combinations of colors as No. 600S. Each, **75c.** ★ *\$7.50 Doz.*

## Spalding Shirts with Sash

No. 6ED. Sanitary Cotton, sleeveless, solid color body with sash of different color. Same combinations of colors as No. 600S. Each, **75c.** ★ *\$7.50 Doz.*

## Spalding Quarter Sleeve Shirts

No. 1F. Best Worsted, full fashioned, stock colors and sizes. Each, **\$3.00**

No. 601. Cut Worsted, stock colors and sizes. Each, **\$1.50** ★ *\$15.00 Doz.*

No. 6F. Sanitary Cotton, stock colors and sizes. **50c.** ★ *White, 4.50 Doz.*

## Spalding Full Sleeve Shirts ★ *Colors, 4.75 Doz.*

No. 3D. Cotton, Flesh, White, Black. . . . . Each, **\$1.00**

## Spalding Knee Tights

No. 1B. Best Worsted, full fashioned, stock colors and sizes. Pair, **\$3.00**

No. 604. Cut Worsted, stock colors and sizes. Pair, **\$1.50** ★ *\$13.50 Doz.*

No. 4B. Sanitary Cotton, stock colors and sizes. Pair, **50c.** ★ *White, \$4.50 ★ Colors, \$4.75*

## Spalding Full Length Tights

No. 1A. Best Worsted, full fashioned, stock colors and sizes. Pair, **\$4.00**

No. 605. Cut Worsted, stock colors and sizes. Pair, **\$2.00** ★ *\$21.00 Doz.*

No. 3A. Cotton, full quality. White, Black, Flesh. . . . . Pair, **\$1.00** ★ *\$9.00 Doz.*

## Spalding

### Worsted Trunks

No. 1. Best Worsted, Black, Maroon and Navy. Pr., **\$2.00**

No. 2. Cut Worsted, Navy and Black. Special colors to order. Pr., **\$1.00**

## Spalding Running Pants

No. 1. White or Black Sateen, fly front, lace back. Pair, **\$1.25** ★ *\$12.00 Doz.*

No. 2. White or Black Sateen, fly front, lace back. Pair, **\$1.00** ★ *\$9.00 Doz.*

No. 3. White or Black Silesia, fly front, lace back. Pair, **75c.** ★ *\$7.50 Doz.*

No. 4. White, Black or Gray Silesia, fly front, lace back. Pair, **50c.** ★ *\$5.00 Doz.*

Silk Ribbon Stripes down sides of any of these running pants

**25c.** per pair extra. ★ *\$2.40 Doz.*

Silk Ribbon Stripe around waist on any of these running pants

**25c.** per pair extra. ★ *\$2.40 Doz.*

## Spalding Velvet Trunks

No. 3. Fine Velvet. Colors: Black, Navy, Royal Blue, Maroon. Special colors to order.

Pair, **\$1.00** ★ *\$10.00 Doz.*

No. 4. Sateen. Black, White. Pair, **50c.** ★ *\$5.00 Doz.*



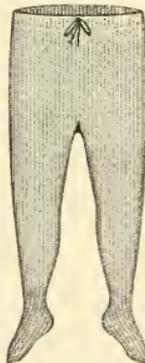
No. 600S



No. 1F



No. 1B



Full Tights



No. 3

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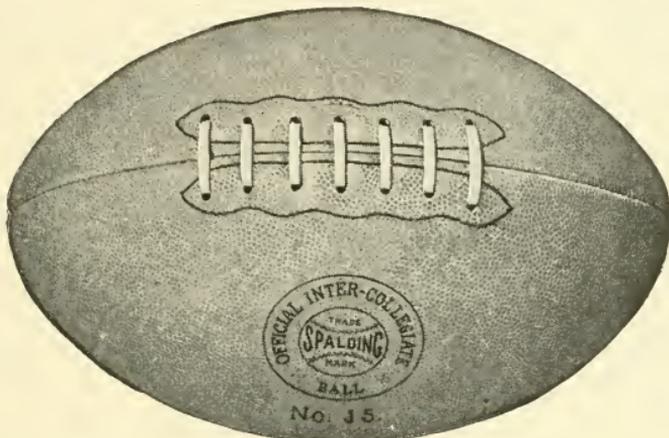
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# THE SPALDING OFFICIAL INTERCOLLEGIATE FOOT BALL



**T**HIS is the ONLY OFFICIAL RUGBY FOOT BALL, and is used in every important match played in this country. **Guaranteed absolutely if seal of box is unbroken.** We pack with leather case and guaranteed pure Para rubber bladder, (no composition), an inflater, lacing needle and rawhide lace.

**No. J5. Complete, \$5.00**

**We Guarantee** every Spalding Foot Ball to be perfect in material and workmanship and correct in shape and size when inspected at our factory. If any defect is discovered during the first game in which it is used, or during the first day's practice use, and if returned at once, we will replace same under this guarantee. We do not guarantee against ordinary wear nor against defect in shape or size that is not discovered immediately after the first day's use.

Owing to the superb quality of every Spalding Foot Ball, our customers have grown to expect a season's use of one ball, and at times make unreasonable claims under our guarantee, which we will not allow.

*A. G. Spalding & Bros*

Communications  
addressed to

**A. G. SPALDING & BROS.**

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cities will receive attention.

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GUARANTEES  
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# The Only Official Association Foot Ball

*An Old Favorite—just as Popular as ever*



**WE GUARANTEE** every Spalding Foot Ball to be perfect in material and workmanship and correct in shape and size when inspected at our factory. If any defect is discovered during the first game in which it is used, or during the first day's practice use, and, if returned at once we will replace same under this guarantee. We do not guarantee against ordinary wear nor against defect in shape or size that is not discovered immediately after the first day's use. Owing to the superb quality of every Spalding Foot Ball, our customers have grown to expect a season's use of one ball, and at times make unreasonable claims under our guarantee, which we will not allow.

*A. G. Spalding & Bros*

## The Spalding Official No. L Association Foot Ball

The case of our No. L Ball is constructed in four sections with capless ends, neat in appearance and very serviceable. Material and workmanship are of highest quality and fully guaranteed. Each ball is

packed complete in sealed box, with pure Para rubber (no composition) guaranteed bladder, foot ball inflater, rawhide lace and lacing needle. Contents guaranteed if seal is unbroken.

**NO. L. The Spalding "Official" Association Foot Ball. \$5.00**

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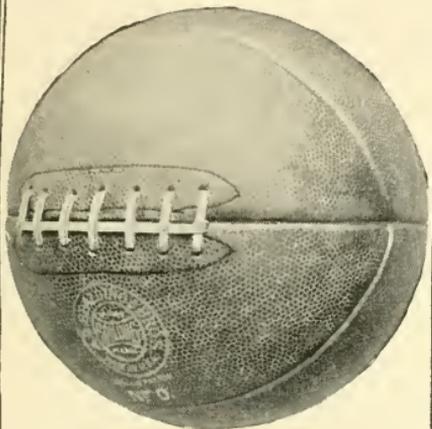


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# SPALDING EQUIPMENT

Is used by practically every "Soccer" team in the United States and Canada, in addition to many of the more prominent teams in the British Isles. Quality of material and finish of every article absolutely best.



## Spalding Association Foot Ball No. O

Regulation size, extremely well made and will give excellent satisfaction. The case is made of best grade English leather and the bladder of pure Para rubber (no composition), fully guaranteed. Each ball packed complete with rawhide lace and lacing needle in sealed box.

No. O. Each, \$4.00

## Spalding Association Foot Ball No. N

Regulation size. The case of this ball is well made of good quality leather, pebbled graining. Packed complete with pure Para rubber (no composition), guaranteed bladder, rawhide lace and lacing needle in sealed box.

Each, \$2.00

No. P. Regulation size. Leather case, full size, good quality. Complete with pure Para rubber (no composition), guaranteed bladder in sealed box.

Each, \$1.25

## Spalding "Official" Gaelic Foot Ball

No. K. Made in the improved style with 8 sections and "black button" ends. Material and workmanship of highest quality and fully guaranteed. Each ball is packed complete in sealed box, with a pure Para rubber (no composition), guaranteed bladder, inflater, rawhide lace and lacing needle. Contents guaranteed perfect if seal is unbroken.

Each, \$5.00



## Spalding Guaranteed Association Foot Ball Bladders



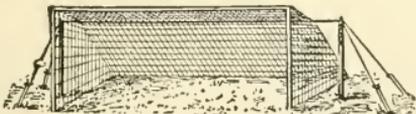
All Rubber Bladders bearing our Trade-Mark are made of Pure Para Rubber (no composition), and are guaranteed Perfect in Material and Workmanship. Note special explanation of guarantee on tag attached to each bladder.

- No. OA. For Nos. H and L Balls. Each, \$ .75
- No. OB. For No. K Ball. " 1.00
- No. A. For No. O Ball. " .75
- No. SB. For Nos. N and P. " .60

## Spalding Association Foot Ball Goal Nets

Made in accordance with official specifications. Heavy tarred nets, pegs, guys, and everything necessary except the posts and cross pieces, which can be put up by any carpenter.

No. O. Per pair, complete, \$18.00



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# SPALDING "Soccer" Suits

## COMBINATION



Combination prices will be quoted on five or more suits as specified. Different combinations may be made up by figuring the quantity prices on other articles included in catalogue. *Quotations on special suits made promptly on request.*

### No. 1A SUIT

Consisting of	Retail
No. U Soccer Shoes.	\$3.50
No. 4RC Stockings.	.40
No. 4 Running Pants.	.50
No. 6FS Shirt, quarter sleeve, body stripe.	.75
Price, if articles composing outfit are purchased singly.	\$5.15

**Combination Price. . . \$4.75**

### No. 3A SUIT

Consisting of	Retail
No. U Soccer Shoes.	\$3.50
No. 3RC Stockings.	.75
No. 6B Pants.	1.75
No. D Shirt, sash on front.	1.75
Price, if articles composing outfit are purchased singly.	\$7.75

**Combination Price. . . \$7.00**

### No. 2A SUIT

Consisting of	Retail
No. U Soccer Shoes.	\$3.50
No. 4RC Stockings.	.40
No. 4 Running Pants.	.50
No. 60IS Shirt, quarter sleeve, body stripe.	1.75
Price, if articles composing outfit are purchased singly.	\$6.15

**Combination Price. . . \$5.50**

### No. 4A SUIT

Consisting of	Retail
No. U Soccer Shoes.	\$3.50
No. 4RC Stockings.	.40
No. 5A Knicks.	1.50
No. 4 Flannel Shirt.	2.00
No. 23 Belt.	.35
Price if articles composing outfit are purchased singly.	\$7.75

**Combination Price. . . \$7.00**

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# Sandow's Patent

## Spring Grip Dumb Bells



SANDOW PERFORMING AS HIS DAILY EXERCISE WITH SPALDING'S DUMB BELLS.

EUGEN SANDOW, Patentee.

A. G. SPALDING & BROS.

SOLE AMERICAN AND CANADIAN LICENSEES

**A**N ENTIRE SYSTEM of Physical Culture is embraced within the exercises possible with these wonderful dumb bells.

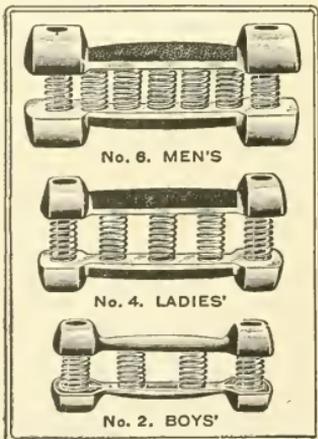
The bells are made in two halves connected by steel springs, the effort necessary in gripping compelling the pupil to continually devote his whole mind to each movement. This concentration of will power on each muscle involved is what is responsible for the great results obtained through properly exercising with them.

### Sandow's Patent Spring Grip Dumb Bells

No. 6. **MEN'S**. Nickel-plated; fitted with seven steel springs. Per pair, **\$3.00**

No. 4. **LADIES'**. Nickel-plated; fitted with five steel springs. Per pair, **\$2.50**

No. 2. **BOYS'**. Nickel-plated; fitted with four steel springs. Per pair, **\$2.00**



We include with each pair of Sandow Dumb Bells a chart of exercises by Sandow and full instructions for using. Also a piece of selvyt cloth for keeping dumb bells in good condition.

Communications addressed to <b>A. G. SPALDING &amp; BROS.</b>			in any of the following cities will receive attention.			
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# The Spalding Official Basket Ball

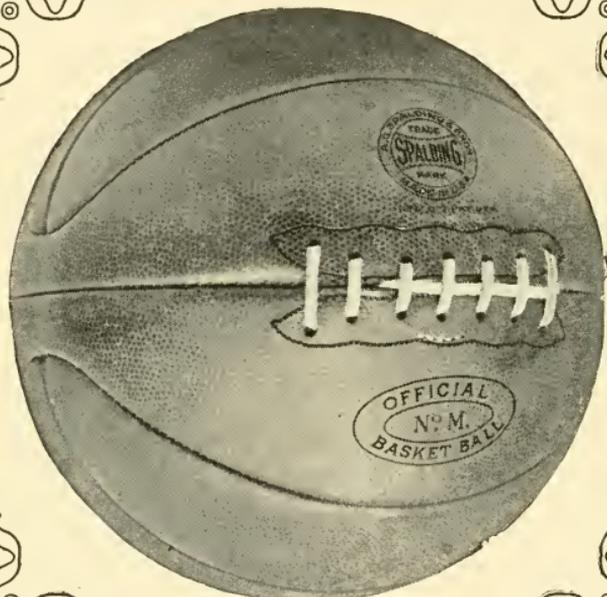
**THE ONLY  
OFFICIAL  
BASKET BALL**

## WE GUARANTEE

*this ball to be perfect in material and workmanship and correct in shape and size when inspected at our factory. If any defect is discovered during the first game in which it is used, or during the first day's practice use, and, if returned at once, we will replace same under this guarantee. We do not guarantee against ordinary wear nor against defect in shape or size that is not discovered immediately after the first day's use.*

*Owing to the superb quality of our No. M Basket Ball, our customers have grown to expect a season's use of one ball, and at times make unreasonable claims under our guarantee, which we will not allow.*

**A. G. SPALDING & BROS.**



**O**FFICIALLY ADOPTED AND STANDARD. The cover is made in four sections, with capless ends, and of the finest and most carefully selected pebble grain English leather. We take the entire output of this superior grade of leather from the English tanners, and in the Official Basket Ball use the choicest parts of each hide. The bladder is made especially for this ball of extra quality pure Para rubber (no composition.) Each ball packed complete, in sealed box, with rawhide lace and lacing needle, and guaranteed perfect in every detail. To provide that all official contests may be held under absolutely fair and uniform conditions, it is stipulated that this ball must be used in all match games of either men's or women's teams.

**No. M. Spalding "Official" Basket Ball. Each, \$6.00**

Extract from Men's Official Rule Book

### RULE II—BALL.

SEC. 3. The ball made by A. G. Spalding & Bros. shall be the official ball. Official balls will be stamped as herewith, and will be in sealed boxes.

SEC. 4. The official ball must be used in all match games.



Extract from

### Official Collegiate Rule Book

The Spalding Official Basket Ball No. M is the official ball of the Intercollegiate Basketball Association, and must be used in all match games.



Extract from Women's Official Rule Book

### RULE II—BALL.

SEC. 3. The ball made by A. G. Spalding & Bros shall be the official ball. Official balls will be stamped as herewith, and will be in sealed boxes.

SEC. 4. The official ball must be used in all match games.



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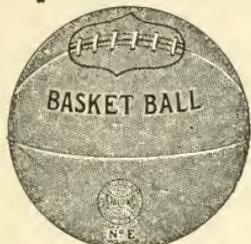
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## Spalding "Special No. E"



No. E. Fine pebble grain leather case. The bladder of pure Para rubber (no composition) and guaranteed. Each ball complete in sealed box, with rawhide lace and lacing needle. Each, \$4.00

## Spalding Practice "No. 18"



No. 18. Good quality leather cover; regulation size. Each ball complete in box with pure Para rubber (no composition) bladder guaranteed; rawhide lace and lacing needle. Each, \$2.50  
No. 01. Canvas Cover, for holding inflated basket ball. Each, \$1.00

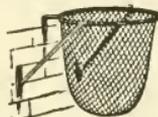
## Spalding Basket Ball Score Books

- No. 1. Paper cover, 10 games, 10c.  
No. 2. Cloth cover, 25 games, 25c.  
No. A. Collegiate, paper cover, 10 games. Each, 10c.  
No. B. Collegiate, cloth cover, 25 games. Each, 25c.

## Spalding "Official" Basket Ball Goals

Officially adopted and must be used in all match games. We are equipping our basket ball goals now with nets constructed so that the bottom may be left open in practice games to permit ball to drop through. The opening is closed readily by a draw string for match games. No. 80. Per pair, \$4.00

### Extract from Official Rule Book



RULE III.—GOALS  
SEC. 3. The goal made by A. G. SPALDING & BROS. shall be the official goal  
SEC. 4. The official goal must be used in all match games.

## Spalding Detachable Basket Ball Goals



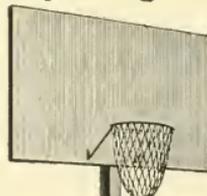
No. 50. Made so that they may be detached readily from the wall or upright, leaving no obstruction to interfere with other games or with general gymnasium work. Same size basket and trace, same length as on official goals. Per pair, \$5.00



## Spalding Practice Goals

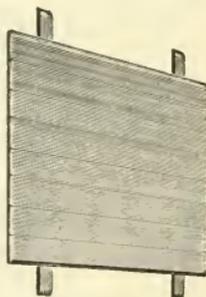
No. 70. Japanned Iron Rings and Brackets. Complete with nets. Per pair, \$3.00

## Spalding Outdoor Goals



The upright post is made of 4x6 inch selected chestnut. The backstop itself is made of tongue and groove chestnut, all of the woodwork being given two coats of durable outdoor paint. Furnished complete with pair of No. 80 Official Basket Ball Goals.

No. 160. Pair, \$40.00



## Spalding Backstops Only for Basket Ball Goals

These backstops are made of 3/4-inch matched hard wood. The back of the board is reinforced by three cleats of 2x2 1/2 inch material. On flat walls the two end cleats extend above and below the backstop, which is attached to the wall by bolting through these cleats.

No. 100. Per pair, \$20.00

## Spalding Thumb Protector

No. T. A substantial support that players will appreciate. Each, 50c.



## Spalding Bladders—Guaranteed Quality

All rubber bladders bearing our Trade-Mark are made of pure Para rubber (no composition), and are guaranteed perfect in material and workmanship. Note special explanation of guarantee on tag attached to each bladder.

- No. OM. For No. M ball. . . . . Each, \$1.25  
No. 16. For No. E ball. . . . . " .75  
No. A. For No. 18 ball. . . . . " .75



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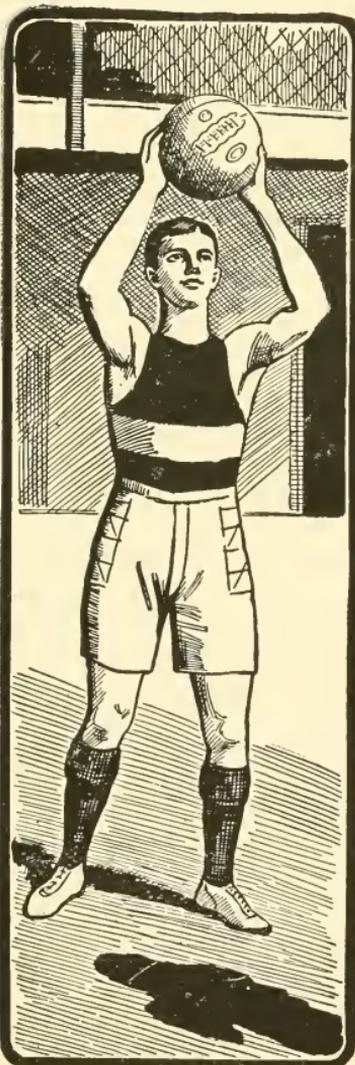
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# SPALDING

# Basket Ball

## Suits

Combination Prices  
Apply Only on Five  
or more Suits



### No. 1T SUIT

Consisting of	Retail
No. 6E Shirt, white.	. \$ .50
No. 4 Running Pants.	. .50
No. 4RC Stockings.	. .40
No. K Shoes.	. .75
Price, if articles composing outfit are purchased singly	\$2.15

**Combination Price . \$1.75**

*Striping pants down sides, 20c. per pair extra*

### No. 2T SUIT

Consisting of	Retail
No. 6ES or 6ED Shirt.	. \$ .75
No. 4 Running Pants.	. .50
No. 4RC Stockings.	. .40
No. K Shoes.	. .75
Price, if articles composing outfit are purchased singly	\$2.40

**Combination Price . \$2.00**

*Striping pants down sides, 20c. per pair extra*

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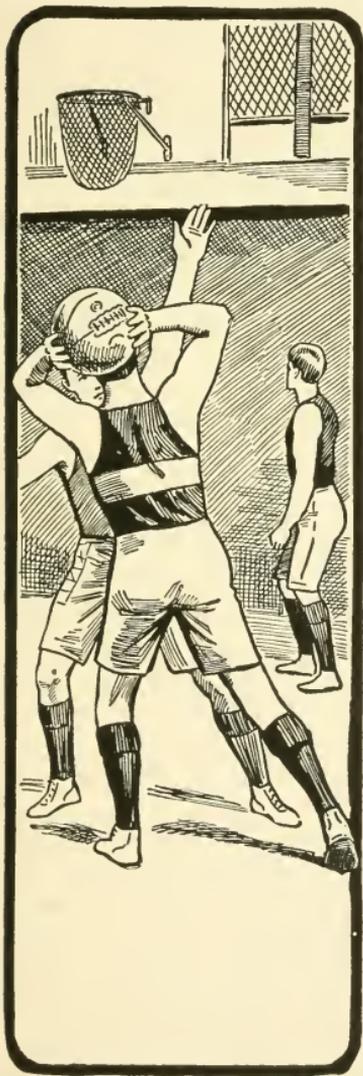
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# SPALDING

# Basket Ball

## Suits

Combination Prices  
Apply Only on Five  
or More Suits



### No. 3T SUIT

<i>Consisting of</i>	<i>Retail</i>
No. 600 Shirt. . . .	\$1.50
No. 5B Pants. . . .	1.00
No. 3RC Stockings. . . .	.75
No. K Shoes. . . .	.75
Price, if articles composing outfit are purchased singly	\$4.00

**Combination Price . \$3.15**

*Striping pants down sides, 20c. per pair extra*

### No. 4T SUIT

<i>Consisting of</i>	<i>Retail</i>
No. 600S Shirt. . . .	\$1.50
No. 5B Pants. . . .	1.00
No. 3RC Stockings. . . .	.75
No. M Shoes. . . .	1.00
Price, if articles composing outfit are purchased singly	\$4.25

**Combination Price . \$3.40**

*Striping pants down sides, 20c. per pair extra*

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# Spalding Basket Ball Shoes

Spalding Basket Ball Shoes, on account of their general satisfactory qualities, are worn by the most prominent teams and fastest players in the country.



**No. BBR. THE SPALDING "EXPERT" BASKET BALL SHOES.** Pure gum thick rubber soles, with special diamond point surface and reinforced edges to prevent sole spreading. Laces extremely far down. Made of best quality black calf in highest type of workmanship. The soles on these shoes are perfectly made but we do not guarantee as to length of service. **Per pair, \$8.00**

**No. AB. SPALDING BASKET BALL SHOES.** The red rubber suction soles we use on these shoes are superior quality and 1-16 inch thicker than the soles on the No. BB shoes. One of the principal advantages of this style of sole is that it enables the player to obtain a good, firm purchase on the floor. Superior quality light drab chrome tan leather. Laces extremely far down. **Pair, \$5.00**

**No. BB. SPALDING BASKET BALL SHOES.** Suction soles of good quality red rubber. Uppers of good quality black leather. A very popular style of basket ball shoe. **Per pair, \$3.50**

**No. BBL. SPALDING BASKET BALL SHOES FOR LADIES.** These are otherwise same as No. BB shoe. **Per pair, \$3.50**



**No. HH. SPALDING CANVAS TOP BASKET BALL SHOES.** High cut white canvas upper. Sole surface is similar to our popular gymnasium shoes, but of white, best quality rubber, twice as thick as on best rubber sole gymnasium shoe. A very durable and satisfactory shoe. **Pair, \$2.00**

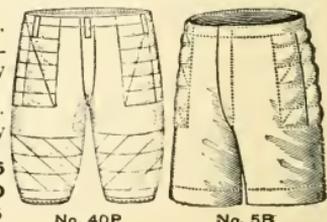
**No. H.** Same as No. HH, but low cut. **1.75**

## Spalding Special Basket Ball Pants

**No. 6B.** Good quality, either Gray or White flannel, padded lightly on hips; very loose fitting. **Per pair, \$1.75 ★ \$18.00 Doz.**

**No. 5B.** Heavy Brown or White canvas, padded lightly on hips; very loose fitting. **Per pair, \$1.00 ★ \$9.00 Doz.**

**No. 7B.** White silesia, hips lightly padded; very loose fitting. **Per pair, \$ .75**



**No. 40P.** Padded full knee length pants. White silesia. **1.00**

**No. 40.** Similar to No. 40P, but unpadded. **.75**

*The prices printed in italics opposite items marked with ★ will be quoted only on orders for one-half dozen or more. Quantity prices NOT allowed on items NOT marked with ★*

Communications addressed to **A. G. SPALDING & BROS.** in any of the following cities will receive attention.

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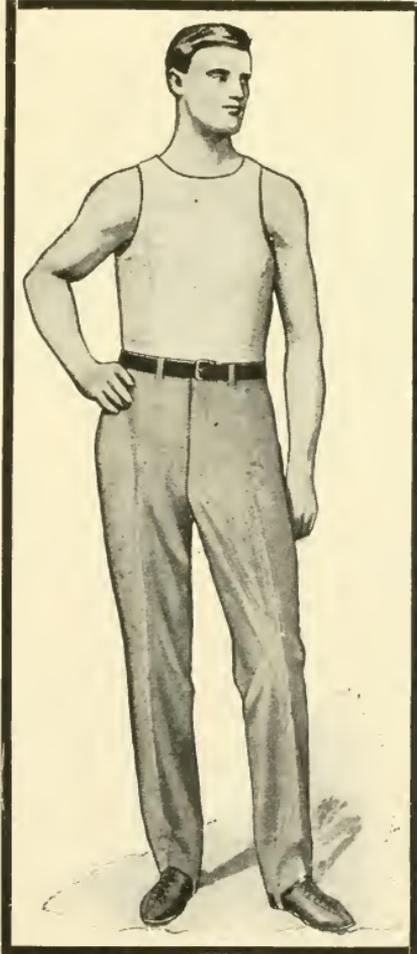
# Spalding Gymnasium Suits

COMBINATION PRICES APPLY ONLY ON FIVE OR MORE SUITS

## No. 1G SUIT

*Consisting of*      **Retail**  
No. 6E Shirt, white. \$ .50  
No. 4 Running Pants. .50  
No. K Shoes. . . . .75  
Price, if articles com-  
posing outfit are  
purchased singly. \$1.75

**Combination Price . . \$1.45**



## No. 2G SUIT

*Consisting of*      **Retail**  
No. 6E Shirt, white. \$ .50  
No. 14B Knee Pants. 1.00  
No. K Shoes. . . . .75  
Price, if articles com-  
posing outfit are  
purchased singly. \$2.25

**Combination Price . . \$1.90**

## No. 3G SUIT

*Consisting of*      **Retail**  
No. 600 Shirt. . . \$1.50  
No. 4 Y.M.C.A.  
Trousers. . . . .1.75  
No. I Shoes. . . . .1.50  
Price, if articles com-  
posing outfit are  
purchased singly. \$4.75

**Combination Price . . \$3.85**

## No. 4G SUIT

*Consisting of*      **Retail**  
No. 600 Shirt. . . \$1.50  
No. 605 Full Tights. 2.00  
No. I Shoes. . . . .1.50  
No. 3 Trunks. . . . .1.00  
Price, if articles com-  
posing outfit are  
purchased singly. \$6.00

**Combination Price . . \$4.95**

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Philadelphia  
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Baltimore  
Montreal, Canada

Washington  
Atlanta  
New Orleans

FOR STREET NUMBERS SEE INSIDE FRONT COVER OF THIS BOOK



London, England

Edinburgh, Scotland

Sydney, Australia



Chicago  
Cincinnati  
Cleveland  
Columbus

St. Louis  
Kansas City  
Denver  
Detroit

San Francisco  
Seattle  
Minneapolis  
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THE SPALDING  
GUARANTEES  
QUALITY



TRADE-MARK  
ACCEPT NO  
SUBSTITUTE

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Prices in effect January 5, 1909. Subject to change without notice.

**THE SPALDING TRADE-MARK**  
**GUARANTEES QUALITY ACCEPT NO SUBSTITUTE**



REG. U. S. PAT. OFF.

## SPALDING OFFICIAL NATIONAL LEAGUE BALL

The Official Ball of the game for over 30 years. Adopted by the National League in 1878 and the only ball used in championship games since that time. No. 1. Each, \$1.25 Per dozen, \$15.00

### SPALDING OFFICIAL NATIONAL LEAGUE JUNIOR

In every respect same as our Official National League Ball No. 1, except slightly smaller in size. Especially designed for junior clubs (composed of boys under 16 years of age) and all games in which this ball is used will be recognized as legal games. No. B1. Each, \$1.00

#### Spalding National Association Ball

No. NA. Made in exact accordance with the rules governing the National and American Leagues and all clubs under the National Agreement. Ea., \$1.00. Doz., \$12.00

#### Spalding National Association Jr.

No. B2. In every respect same as our National Association Ball No. NA, except slightly smaller in size. . . . . Each, 75c.

#### Spalding Public School League

No. B3. A well made junior size ball. Splendid for general practice by boys' teams. Each, 50c.

#### Spalding King of the Diamond

No. 5. Full size, of good material, horsehide cover. . . . . Each, 25c.

#### Spalding Junior Professional

No. 7B. Slightly under regular size, horsehide cover and very lively. . . . . Each, 25c.

#### Spalding Boys Amateur Ball

No. 11. Nearly regulation size and weight, the best ball for the money on the market; one dozen balls in a box. . . . . Each, 10c.

#### Spalding Double Seam League Ball

No. 0. Made with same care and of same material as our Official National League Ball. The double seam is used in its construction, rendering it doubly secure against ripping. Each, \$1.50 Doz., \$18.00

#### Spalding City League

No. 14. Full size and weight. Very well made and excellent for general practice. Ea., 75c. Doz., \$9.00

#### Spalding Professional

No. 2. Full size ball. Made of carefully selected material and first-class quality. . . . . Each, 50c.

#### Spalding Lively Bounder

No. 10. Horsehide cover; the inside is all rubber, making it the liveliest ball ever offered at the price. . . . . Each, 25c.

#### Spalding Boys' Favorite

No. 12. A good boys' lively ball; two-piece cover. Packed one dozen balls in a box. Each, 10c.

#### Spalding Rocket Ball

No. 13. A good bounding ball; boys' size. One dozen balls in a box. . . . . Each, 5c.

Communications addressed to

London England	<b>A. G. SPALDING &amp; BROS.</b>	Edinburgh Scotland
in any of the following cities will receive attention		
For street numbers see inside front cover of this book		
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Chicago Detroit Atlanta	St. Louis Denver Seattle	Cincinnati Kansas City Minneapolis
		San Francisco New Orleans Montreal, Can.

*Prices in effect January 5, 1909. Subject to change without notice.*

ACCEPT NO  
SUBSTITUTE

THE SPALDING



TRADE-MARK

GUARANTEES  
QUALITY

# Durand-Steel Lockers



Some of the 6,000 Durand-Steel Lockers installed in the Public Gymnasiums of Chicago. 12'x 15'x 42", Double Tier.

Wooden lockers are objectionable, because they attract vermin, absorb odors, can be easily broken into, and are dangerous on account of fire.

Lockers made from wire mesh or expanded metal afford little security, as they can be easily entered with wire cutters. Clothes placed in them become covered with dust, and the lockers themselves present a poor appearance, resembling animal cages.

**Durand-Steel Lockers** are made of finest grade furniture steel and are finished with gloss black, furnace-baked japan (400°), comparable to that used on hospital ware, which will never flake off nor require refinishing, as do paints and enamels.

**Durand-Steel Lockers** are usually built with doors perforated full length in panel design with sides and backs solid. This prevents clothes in one locker from coming in contact with wet garments in adjoining lockers, while plenty of ventilation is secured by having the door perforated its entire length, but, if the purchaser prefers, we perforate the backs also.

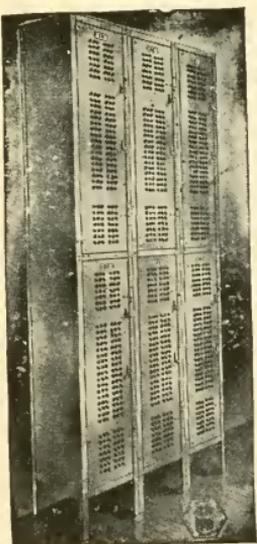
**The cost of Durand-Steel Lockers is no more than that of first-class wooden lockers**, and they last as long as the building, are sanitary, secure, and, in addition, are fire-proof.

THE FOLLOWING STANDARD SIZES ARE  
THOSE MOST COMMONLY USED:

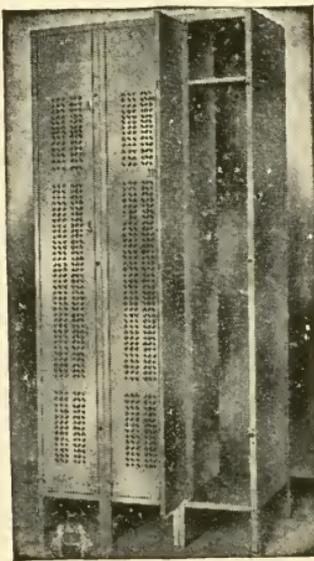
DOUBLE TIER	SINGLE TIER
12 x 12 x 36 inch	12 x 12 x 60 inch
15 x 15 x 36 inch	15 x 15 x 60 inch
12 x 12 x 42 inch	12 x 12 x 72 inch
15 x 15 x 42 inch	15 x 15 x 72 inch

SPECIAL SIZES MADE TO ORDER.

We are handling lockers as a special contract business, and shipment will in every case be made direct from the factory in Chicago. If you will let us know the number of lockers, size and arrangement, we shall be glad to take up, through correspondence, the matter of prices.



Six Lockers in Double Tier



Three Lockers in Single Tier

Communications addressed to **A. G. SPALDING & BROS.** in any of the following cities will receive attention

For street numbers see inside front cover of this book

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Pittsburg

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Edinburgh  
Scotland

Montreal  
Canada

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Cincinnati  
Cleveland

St. Louis  
Detroit  
Denver

San Francisco  
Kansas City  
Minneapolis  
Seattle

Prices in effect January 5, 1909. Subject to change without notice.

# THE following index from Spalding's latest Catalogues will give an idea of the great variety of Athletic Goods manufactured by A. G. Spalding & Bros.

Ankle Brace, Skate  
Archery  
Ash Bars  
Athletic Library  
Attachments, Chest Weight

Bags, Bathing Suit  
Bags, Caddy  
Bags, Cricket  
Bags, Uniform  
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Balls, Basket  
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Balls, Squash  
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Bladders, Striking Bags  
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Trunks, Bathing  
Trunks, Velvet  
Trunks, Worsted  
Empire Indicator  
Uniforms, Base Ball  
Varnish for Gut  
Volley Balls  
Water Polo Ball  
Wands, Calisthenic  
Watches, Stop  
Water Wings  
Weights, 50-lb.  
Whistles, Referees'  
Whitely Exerciser  
Wrist Machine

# Standard Policy

A Standard Quality must be inseparably linked to a Standard Policy.

Without a definite and Standard Mercantile Policy, it is impossible for a manufacturer to long maintain a Standard Quality.

To market his goods through the jobber, a manufacturer must provide a profit for the jobber as well as the retail dealer. To meet these conditions of Dual Profits, the manufacturer is obliged to set a proportionately high list price on his goods to the consumer.

To enable the glib salesman, when booking his orders, to figure out attractive profits to both the jobber and retailer, these high list prices are absolutely essential; but their real purpose will have been served when the manufacturer has secured his order from the jobber, and the jobber has secured his order from the retailer.

However, these deceptive high list prices are not fair to the consumer, who does not, and, in reality, is not ever expected to pay these fancy list prices.

When the season opens for the sale of such goods, with their misleading but alluring high list prices, the retailer begins to realize his responsibilities, and grapples with the situation as best he can, by offering "special discounts," which vary with local trade conditions.

Under this system of merchandising, the profits to both the manufacturer and the jobber are assured; but as there is no stability maintained in the prices to the consumer, the keen competition amongst the local dealers invariably leads to a demoralized cutting of prices by which the profits of the retailer are practically eliminated.

This demoralization always reacts on the manufacturer. The jobber insists on lower, and still lower, prices. The manufacturer, in his turn, meets this demand for the lowering of prices by the only way open to him, viz.: the cheapening and degrading of the quality of his product.

The foregoing conditions became so intolerable that, ten years ago, in 1899, A. G. Spalding & Bros. determined to rectify this demoralization in the Athletic Goods Trade, and inaugurated what has since become known as "The Spalding Policy."

The "Spalding Policy" eliminates the jobber entirely, so far as Spalding Goods are concerned, and the retail dealer secures his supply of Spalding Athletic Goods direct from the manufacturer under a restricted retail price arrangement by which the retail dealer is assured a fair, legitimate and certain profit on all Spalding Athletic Goods, and the consumer is assured a Standard Quality and is protected from imposition.

The "Spalding Policy" is decidedly for the interest and protection of the users of Athletic Goods, and acts in two ways:

FIRST—The user is assured of genuine Official Standard Athletic Goods, and the same fixed prices to everybody.

SECOND—As manufacturers, we can proceed with confidence in purchasing at the proper time, the very best raw materials required in the manufacture of our various goods, well ahead of their respective seasons, and this enables us to provide the necessary quantity and absolutely maintain the Spalding Standard of Quality.

All retail dealers handling Spalding Athletic Goods are required to supply consumers at our regular printed catalogue prices—neither more nor less—the same prices that similar goods are sold for in our New York, Chicago and other stores.

All Spalding dealers, as well as users of Spalding Athletic Goods, are treated exactly alike, and no special rebates or discriminations are allowed to anyone.

Positively, nobody; not even officers, managers, salesmen or other employes of A. G. Spalding & Bros., or any of their relatives or personal friends, can buy Spalding Athletic Goods at a discount from the regular catalogue prices.

This, briefly, is the "Spalding Policy," which has already been in successful operation for the past ten years, and will be indefinitely continued.

In other words, "The Spalding Policy" is a "square deal" for everybody.

A. G. SPALDING & BROS.

By

*A. G. Spalding*  
PRESIDENT.

NOV 11 1909

# Standard Quality

An article that is universally given the appellation "**Standard**" is thereby conceded to be the Criterion, to which are compared all other things of a similar nature. For instance, the Gold Dollar of the United States is the Standard unit of currency, because it must legally contain a specific proportion of pure gold, and the fact of its being Genuine is **guaranteed** by the Government Stamp thereon. As a protection to the users of this currency against counterfeiting and other tricks, considerable money is expended in maintaining a Secret Service Bureau of Experts. Under the law, citizen manufacturers must depend to a great extent upon Trade-Marks and similar devices to protect themselves against counterfeit products—without the aid of "Government Detectives" or "Public Opinion" to assist them.

Consequently the "Consumer's Protection" against misrepresentation and "inferior quality" rests entirely upon the integrity and responsibility of the "Manufacturer."

A. G. Spalding & Bros. have, by their rigorous attention to "Quality," for thirty-three years, caused their Trade-Mark to become known throughout the world as a Guarantee of Quality as dependable in their field as the U. S. Currency is in its field.

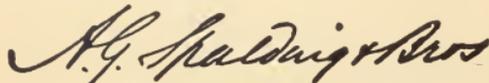
The necessity of upholding the guarantee of the Spalding Trade-Mark and maintaining the Standard Quality of their Athletic Goods, is, therefore, as obvious as is the necessity of the Government in maintaining a Standard Currency.

Thus each consumer is not only insuring himself but also protecting other consumers when he assists a Reliable Manufacturer in upholding his Trade-Mark and all that it stands for. Therefore, we urge all users of our Athletic Goods to assist us in maintaining the Spalding Standard of Excellence, by insisting that our Trade-Mark be plainly stamped on all athletic goods which they buy, because without this precaution our best efforts towards maintaining Standard Quality and preventing fraudulent substitution will be ineffectual.

Manufacturers of Standard Articles invariably suffer the reputation of being high-priced, and this sentiment is fostered and emphasized by makers of "inferior goods," with whom low prices are the main consideration.

A manufacturer of recognized Standard Goods, with a reputation to uphold and a guarantee to protect, must necessarily have higher prices than a manufacturer of cheap goods, whose idea of and basis for a claim for Standard Quality depends principally upon the eloquence of the salesman.

We know from experience that there is no quicksand more unstable than poverty in quality—and we avoid this quicksand by Standard Quality.



# SPALDING'S

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A separate book covers every Athletic Sport  
and is Official and Standard  
Price 10 cents each

GRAND PRIZE



ST. LOUIS, 1904



GRAND PRIZE



PARIS, 1904

## SPALDING ATHLETIC GOODS

ARE THE STANDARD OF THE WORLD

### A. G. SPALDING & BROS.

MAINTAIN WHOLESALE and RETAIL STORES in the FOLLOWING CITIES

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PHILADELPHIA

ST. LOUIS

BOSTON

KANSAS CITY

BALTIMORE

MINNEAPOLIS

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BUFFALO

DENVER

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DETROIT

NEW ORLEANS

CLEVELAND

ATLANTA

SEATTLE

LONDON, ENGLAND

COLUMBU

EDINBURGH, SCOTLAND

ST. PAUL

SYDNEY, AUSTRALIA

MONTREAL, CANADA

Factories owned and operated by A.G. Spalding & Bros. and where all of Spalding  
TradeMarked Athletic Goods are made are located in the following cities

NEW YORK CHICAGO SAN FRANCISCO CHICOPEE, MASS  
BROOKLYN BOSTON PHILADELPHIA LONDON, ENG.

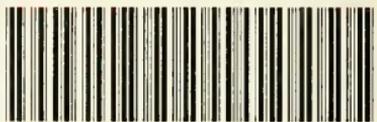








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